

The holidays are here...and so is the Coronavirus...

This time last year, many of us were putting together our shopping list. Looking for the perfect gift for a friend or relative! Planning the perfect meal, party, open house or other get-together! Making plans to attend local Christmas/Holiday parades and more!

I doubt that any of us thought “next year, we’ll be living in a pandemic.”

COVID-19 doesn’t care that we are in the holiday season. Every day, local and national news indicate



the numbers of infections, hospitalizations and deaths are rising. Now is not the time to slack off on protection for oneself or others.

There is an anticipated increase in travel by auto to family gatherings and indoor socializing is expected to facilitate the spread of the virus. This isn't going to be like the times leading up to Memorial Day or Independence Day when the majority of activities were held outdoors.

Fall and winter months keep us indoors. Respiratory viruses thrive in dry, warm indoor conditions. If you look back, the flu season usually peaks close to the Christmas and New Year's holidays.

Information found on the internet (*The Washington Post*) indicates that the government's top doctors believe the national spike in infections has largely been driven by household transmission. Super-spreader events have gotten a lot of attention, but it's prosaic meals with family and

friends that may be driving up numbers.

People are faced with difficult choices—and these choices carry societal consequences. Epidemiologists look at the broad effect of a contagion, not simply the effects on individuals.

Ultimately, we all have to make decisions that are best for us...for our physical and mental health. You may have to say, “No, thank you, we cannot just cannot subject ourselves to the risk.” Everyone needs to define their limits and that needs to be respected. And yes, this may include families not being able to get together at this time.

The CDC has reminded people that the safest thing to do is stay home, sticking with people already in the household. If you get together with other people, limit the numbers and duration of the gathering. Outdoors is best. Masks are essential, as is six feet of physical distancing and good hand hygiene.

By now, we also know that the older the person is, the higher the risk of getting sick. We also know that millions of people have chronic health issues like obesity and diabetes.

Don't let the coronavirus be the *Grinch That Stole Christmas* for you and your loved ones.

Wouldn't it be great to celebrate Christmas like it was 1933?!?



“Where’s Mel?” Mel has been in hiding the past couple of months...but this month he’s back! Be the first person to call 501-975-8617 and tell us where he’s hiding and win a prize! (*Only 1 win per year!*)

**North Little Rock
Animal Services**

For more information
call 501-791-8577

**Household pets
provide comfort
and relief in times
of stress**

By Bria Lamonica

Found at maincampus.com/2020/04/household_pets

Household pets have been known for their ability to help provide relief and aid for pet owners who suffer from mental health disorders and many common illnesses. Certain adults who suffer from anxiety or depression can often turn to pets to calm their stress levels and provide companionship in times of struggle. During the COVID-19 pandemic, it is more important than ever that people find ways to stay calm and enjoy themselves while being cooped up and separated.

“Having my cat with me during this difficult time has been so helpful and allowed me to keep up with my mental health,” fourth-year secondary education and math student Becca Campbell said.

There have been thousands of reported statistics showing the negative effects that social distancing and self-isolation can have on a person during this time, and many medical sites and news articles are offering possible tips and tricks for helping to “fight the corona blues.” Household pets have been one way that people are trying to combat these feelings of depression and self-isolation, allowing the chance for millions of animals to be adopted out of shelters around the world.

“My dog has definitely been spending more time with me, he usually doesn’t like to. It’s gotten to the point where he follows me upstairs for bedtime,” third-year social work student Mariah Davis said. “He’s been really comforting, especially when I’m having a bad day and he comes into my room and just lays next to me. He’s an almost 14-year-old rat terrier.”



Although many beaches and parks are closed in the country, there are still a variety of natural outdoor locations where students can spend time isolating and making sure their pet gets everything they need to live an active and healthy lifestyle.

“I bond with my dog Hermes because his personality is similar to mine. Whenever he sees me stressing, he lays down on me and forces me to calm down, and it’s exactly what I need at that moment,” second-year anthropology student Autumn Rogers said. “My other dog, Apollo, is extremely energetic and loves playing, which helps get me out of a depressive episode when he drops a toy on my lap. They both greet everyone in the family and give us so much love.”

As the end of the year approaches, please consider making a donation to the North Little Rock Animal Shelter or another shelter or rescue non-profit.

Your donation of food, blankets, towels, toys or money will be greatly appreciated by the furry residents who only want one thing for Christmas...a forever home!

For more information regarding donation needs, etc., contact the Animal Control at 501-791-8577.

Checks need to be made payable to North Little Rock Friends of Animals, a 501c3 non-profit organization.

Merry Christmas you all!



Dogs and cats are two of the most popular household pets to own and adopt among college students due to their activity levels and emotional support. Pets can allow you to stay active and make sure you are having fun while being away from friends and unable to do many everyday activities. Alt-



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



Safety Tip: *'Twas the Night Before Christmas*—found at spokanevalleyfire.com

*'Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse.
Stockings, cards and presents well away from the fire,
Christmas lights unplugged, before the family retired.*

*The family was nestled all snug in their beds,
Doors in the house shut, harder for fire to spread.
Safety in this house could be commended,
No lighted candles were left unattended.*

*A smoke alarm hung in the hall, gleaming white,
Keeping the family safe during the night.
The alarms on each floor, were checked every week,
By pressing the test button and awaiting a 'beep'.*



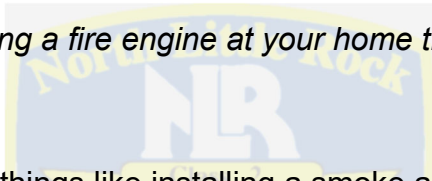
SAFETY IN THE KITCHEN

*The kitchen is a place where many fires start,
But in this home, the family were smart.
Cooking was never left on its own,
Young children never entered the kitchen alone.*



*Plans had been made before Christmas began,
Everyone would be given a fire escape plan.
Enjoy festive fun, but make sure you think,
Fire risks can grow if you've had a couple of drinks.*

*Firefighters work at a station nearby,
Ready and waiting, on that you rely.
But their messages above, you should remember,
To avoid seeing a fire engine at your home this
December.*



Doing simple things like installing a smoke alarm and testing it regularly could save your life. Residents should also ensure they have considered how they would leave their home in the event of a fire. If a friend or family member doesn't have a smoke alarm, buy them one for Christmas – it could be the most important present you ever give.

From your friends at the North Little Rock Fire Department we hope you all have a safe, happy and blessed Holiday season.



**North Little Rock Fire Department...
we still make house calls!**



Mayor Joe A. Smith holds a monthly department head meeting. Department heads provide a report of activities, projects and accomplishments.

Below are highlights from October 2020. You will see that some departments had to change operations due to the Coronavirus/COVID-19.

Hays Center—Screeners take temperatures and ask screening questions. Members are required to wear masks unless in the pools or actively exercising. Average 115 members per day. 24 new members and 34 renewals.

Sanitation—crews continue to pickup garbage and yard waste through pandemic. Garbage / Yard Waste crews collected 4,987,720 tons (2,493.61lbs) of household garbage, rubbish and junk. Yard waste crews collected 45 loads (1,264.60 cubic yards) of green waste. 734 tires picked up. 21 Sanitation Code inspections and 23 re-inspections. Issued 20 notices for non-compliance.

Traffic—AR One Call requests—53, Signs/posts repaired or replaced—430, City vehicles marked with decals—5.

Police—work continues on The Justice Building (new police and courts building). No large increases in crime numbers for October. Property crimes continue to be below 2019 numbers. Preparing for holiday shopping season and increased activity in shopping areas and restaurants.

Fire—Total incidents-977, Unit responses-1,757, Residential fires-12, False alarms-72, Vehicle Fire-10, Rescue/Emergency Medical-516, Mutual Aid-3, Hazmat-10. Training hours: 3,820. Building surveys: 208.

Emergency/911—Incoming calls-12,493, Non-911-6,459, Wired 911-622, Abandoned 911-36, Wireless 911-5,151, Abandoned Wireless 911-225. Total dispatch entries: 8,580

Planning—Inspectors traveled 2,263 miles within the city performing the following inspections: 312 HVAC, 252 Plumbing, 392 Electrical, 98 Building. Issued the following permits: 6 sign, 2 demolition, 3 New Single Family (average cost \$383,333), 48 Residential Remodel (average cost \$12,628), 2 New Commercial, 0 new Multi-family.

Electric Customer Service—Payments—36,890, Collections—\$9,534,698. Bad debt—none listed.

Code Enforcement—Assigned calls—136, Citations—53, Violation Notices—412, Vehicles Tagged—128, Lots Posted—52, Signs Removed—18, Structures Inspected—36, Rental Inspections—27, Food Service Inspections—11, Houses Demolished by city—0, Houses Demolished by owner—1, Vacant Lots Cleaned—38, Lots with Structures Cleaned—6, Vacant Houses Secured—



2, Vacant Lots Mowed—76, Lots with Structures Mowed—16.

Animal Control—Incoming:

Dog—121/1,152

Cat—92/820

Other—8/17

Adopted:

Dog—31/273

Cat—20/200

Reclaimed:

Dog—24/244

Cat—1/11

Euthanized:

Dog—72/621

Cat—67/607

Service Calls—531/4,842

Citations—37/363

Vouchers (Spay/Neuter)—24/216

Parks & Rec—installed donated drinking fountain in North Shore Riverfront Park. Redesigned flower bed at North Heights Community Center. Prepping parks for winter. RV park booked every weekend. Funland hosted Halloween Carnival. Gymnastics classes resumed at North Heights. Glenview Rec Center hosting developmental basketball skills and drills. Revenue continues to be up for golf. New tee pads at Disc Golf Blue Course.

Electric

39,186 customers

\$7,993,388 revenue

140,076 kw peak power

60 sq miles—territory

11,252 transformers

555 miles of wire

10,458 street lights

5,032 security lights

82 lighting repairs

39,401 smart meters

Major outages: none.

Finance

Year to Date Revenue & Expenditures as of October, 2020

Revenue

Property Taxes	702,567
Licenses/Permits	257,939
Fines/Forfeitures	162,764
Taxes—sales	3,049,396
Intergovernmental	55,639
Franchise fees	167,070
Charges for Services	211,269
Miscellaneous	272,415
Interest Income	1,207
Net Transfers	(220,425)
Total Revenue	\$4,659,841

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Expenditures

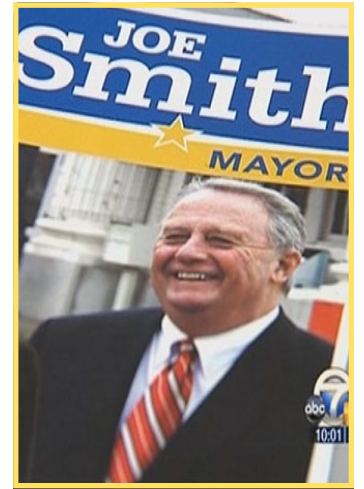
Administration	106,975
Animal Shelter	57,761
Special Appropriations	274,683
City Clerk	28,656
Emergency Services	140,868
Finance	103,628
Public Safety-Fire	892,990
Health	6,583
Legal	53,857
1st Court	38,339
2nd Court	34,877
Human Resources	67,026
Commerce	23,336
Planning	62,956
Public Safety-Police	1,628,306
Code Enforcement	106,460
Public Works	66,531
Neighborhood Services	13,258
Sanitation	347,389
Vehicle Maintenance	117,256
Senior Citizens Center	81,193
Communications	6,634
Fit 2 Live	9,859
Total Expenditures	\$4,269,451

**On January 1, 2012,
Joe A. Smith was sworn in as
Mayor of North Little Rock.**

He was no stranger to our city residents, employees or politics. Because of his experience in the previous administration, Mayor Smith was able to take the reins and guide our city through many things. These included Police and Fire negotiations; setting aside substantial reserves for an Emergency Contingency Plan; improving employee morale and much more. Mayor Smith also began an Emergency Operation Plan (EOP) which would be put into use sooner, rather than later.

Over the past eight years, Mayor Smith has continued to grow our city through economic development and has been instrumental in bringing new businesses (large and small) to our city. He had the vision for the new Argenta Plaza which is the "front porch" to our downtown area. Mayor Smith successfully supported and presented a sales tax proposal to our residents to fund a new Police and Courts Building, new and renovated Fire Stations and much more.

During his tenure, he has also seen challenges. One was the flood of 2019. Who knew he would deal with two major floods in our city during his



He had the vision for the new



service to our residents? (Mayor Smith was on the front lines in May, 1990, when the Arkansas River flooded and effected many communities in our city). In 2019, the EOP he put together with his team was put to use. Due to this planning and preparedness, North Little Rock did have flooding...serious flooding, but also had a well prepared team that met weekly to review the status of the event. This also ensured that city departments were provided the much needed Federal Emergency Management Associations (FEMA) forms and related documents that would be necessary for reimbursement.

Mayor Smith served not only our city, but all cities and towns in the state as President of the Arkansas Municipal League (2018-2019). He did so with grace and humor. He led with knowledge and diplomacy. An unexpected role he would play during his service to AML was following the death of longtime Executive Director Don Zimmerman. Mr. Zimmerman's passing brought many challenges. Mayor Smith took the lead and began meeting weekly with AML staff and provided updates to the state-wide Executive Committee to ensure them that all was well.



Mayor Smith's parents, Margaret and G.L. Smith would have been proud of their son and the work he has done for our city, North Little Rock, which he loves as much as they did. And by the way, Mayor Smith...North Little Rock LOVES YOU!!!

If you run into Mayor Smith or Missie, be sure to thank them for their service to the residents, employees and business owners and operators in our city.

Enjoy your retirement! You've earned it!



How Doctors Boost Their Immunity

Found at view.messages.webmd.com

Doctors know that your daily habits are key to a healthy immune system. See what steps they take to bolster their health — from getting enough sleep to maintaining connections with others.

Meet Our Expert



Brunilda Nazario, MD, is Lead Medical Director for WebMD. Based in New York, she's an internist and endocrinologist (a doctor who specializes in issues related to hormones). She is certified in advanced diabetes management. She is also knowledgeable about alternative health and integrative medicine —

medicine that takes the whole person into account, including lifestyle.

Getting Enough Sleep

Your daily habits are key to a healthy immune system. Sleep is a necessity, not a luxury. The best thing you can do is make sure you're getting 7 to 8 hours of quality sleep every night. If you have trouble doing that sometimes, a short nap (of less than 30 minutes) can help make up some of the deficit.



Have a Sleep Routine

A bedtime ritual can get your body ready for sleep, which can help make sure you get enough ZZZs. Start by turning down the lights before bedtime to get your mind in a good place for sleep, then set up your pillows and pull down your bed sheets to prepare for bed. You might follow that with a bath or some chamomile tea to relax and wind down.

Be Active

Make regular exercise a part of your life. A good goal is 30 to 45 minutes a day at least 5 days a week. There'll probably be days when you don't want to do it, but research shows that physical activity is good for your immune system. Whether it's taking a walk, riding a bike, lifting weights, find something you like to do and find a time every day that works for you. That'll make it easier for exercise to become a healthy habit.

Find Your Special Place



Stress can affect your immune system and your ability to fight off illness. You can help manage it by doing something you like or going somewhere that relaxes you. For example, getting outside and into nature can be a

great way to stop, breathe, and rebalance yourself.

Be Mindful

A lot of us think we're supposed to be busy all the time, but that's not really good for us. It can be hard to just shut it off, so you need to retrain yourself to think a different way. Try to be aware of when you're about to short-circuit. When it comes, take a step back.

There are apps for your phone or programs for various organizations that can help with that.

Eat Right

A healthy, balanced diet gives your body the nutrients it needs to work the way it should. Your eating plan

should include protein with each meal — like fish, chicken, tofu, or beans.

Get a variety of fruits and



vegetables too. It's also important to stay away from fast food, because it can cause inflammation that can hamper your immune system.

Go with Natural Sources

If you feel like you're coming down with something, you don't need to take supplements to give your immune system a boost. Instead of vitamin C tablets, opt for tea with ginger or honey. As we get older, our ability to fight off germs can fade a bit. If you notice that you're getting colds more often, try getting more zinc into your diet. You can get it from things like seafood and beans.

Stay Up to Date on Vaccines

To make sure you're doing all you can to help your immune system, it's important to keep up with your immunizations. All

adults should get an annual flu shot, a Tdap (tetanus, pertussis, and diphtheria) vaccine if they didn't get one as a teen, and a Td (tetanus and diphtheria) booster shot every 10 years.

Adults older than 50 also need the vaccines that protect against shingles, meningitis, and pneumonia.

Find Your 'Tribe'

Don't underestimate the power of connecting with others. Socializing with people you care about can lower stress and, in turn, be good for your immune system. A weekly catch-up with family and friends can do wonders for your mental and physical health.



How Long Does Your Produce Stay Fresh?

Found at webmd.com/food-recipes

Choose Wisely

One way you can avoid having your produce go bad quickly is to buy it carefully in the first place. Try these tips:

- Don't buy fruits or vegetables that are already bruised or damaged.
- If you buy fruit that's already cut, choose ones that are on ice or refrigerated.
- When packing up fresh fruit and veggies, keep them away from raw meat or seafood.

Make Them Last

The best way to store your produce depends on the type and how ripe it is to start with. Some fruits and veggies should go right into the refrigerator. You should leave others on the counter in a fruit bowl, at least for a while. If you know how best to keep each item, they'll last longer and taste better too.

Apples

If you plan to eat your apples quickly, it's OK to keep them on the counter up to a week. But, they'll last a lot longer (4 to 6 weeks) in the fridge. Apples give off ethylene gas, which makes other produce ripen faster. So, it's best to keep apples away from your other fruits and veggies unless you want them to get ripe fast.

Berries

Blueberries, strawberries, raspberries, and other berries are fragile and don't keep fresh for long no matter what you do. Don't wash them until it's time to eat. Keep them dry in a container in the refrigerator. Fresh raspberries and strawberries only keep 2 to 3 days even in the fridge. Blueberries can keep for 1 or 2 weeks. If you want to keep your fresh berries longer, you can freeze them for up to a year.



Bananas

If bananas are green or not yet ripe enough to eat, keep them on the counter or on a banana hanger. Don't put them in the fridge. Once they ripen, you can keep them for 3 days in the refrigerator, but the skin will turn black.

Citrus

Citrus fruits, including lemons, limes, oranges, and grapefruit, can keep for a while on the counter. But they'll last a lot longer — up to 3 weeks — in the fridge. Keep them loose in the crisper drawer or in a mesh bag.

Tomatoes

Tomatoes will keep until they are tender, ripe, and ready to eat. Once ripe, they'll last for another week on the counter or in the pantry away from sun or heat. You shouldn't put tomatoes in the fridge. It changes the way they taste and makes them go bad faster. But one exception to that rule: put tomatoes in the fridge if you've cut them.



Broccoli and Cauliflower

Broccoli, broccoli raab (rapini), and cauliflower will keep in the refrigerator for 3 to 5 days. It's best to put them in a drawer away from other produce.

Lettuce and Other Greens

You should keep lettuce and other leafy greens such as kale, spinach, or collards in the refrigerator. Lettuce should keep for a week or two. Spinach won't last for more than a week. Other greens will stay fresh for up to 4 days in the refrigerator. If your greens were pre-packaged or bagged, they'll keep for less time — about 3 to 5 days. Don't hang on to bagged greens for more than 2 days after opening them.

Avocados

The best way to keep avocados depends on whether they are ready to eat. You don't want to eat avocados that are hard. Ripe avocados will feel soft, but not mushy. Keep hard avocados on the counter to let them ripen at room temperature. Once they're ripe, you can keep them fresh a little longer by putting them in the fridge. A ripe avocado will keep for 3 to 4 days when stored in the refrigerator.

Root Vegetables

Put root vegetables like carrots, parsnips, radishes, turnips, and beets in the refrigerator. Carrots and parsnips will stay fresh in the fridge for up to 3 weeks. Radishes, turnips, and beets will last about 2 weeks. Instead of the fridge, it's best to keep potatoes and sweet potatoes in the pantry or a cool, dark place. Potatoes that you store in the fridge may darken when you cook them and taste sweet.



Garlic and Onions

Keep garlic and onions in a cool, dark place in the pantry or in the refrigerator. If you separate the garlic cloves, it's best to put those in the fridge. Garlic should stay fresh for a couple of weeks. Onions will stay fresh in the refrigerator for 2 months. Keep garlic and onions separate from other produce so that their strong odors won't affect the taste of your other fruits and veggies.

Squash

Summer squash and zucchini will stay fresh up to 5 days in the refrigerator. Winter squashes, such as butternut or acorn squash, can keep for a lot longer. They'll last up to 3 months in a cool, dark place like a pantry, cellar, or refrigerator.

Prepare and Eat Your Produce Safely

When you are ready to eat fruits and veggies, wash your hands first. Rinse your produce under running water. You don't need to use any soap. If any part of the food is bruised or damaged, cut it away first. Don't eat any produce that is brown, mush, moldy, or otherwise seems rotten.

Flu shots more important than ever this year

Found in *City & Town*,
a publication of the Arkansas Municipal League

By Robert Hopkins, Jr., M.D.

The unique challenges of this flu season, particularly with the ongoing COVID-19 pandemic, make it extremely important to get a flu shot this year.

Influenza virus, which causes the seasonal flu, can cause serious respiratory illness. COVID is also a serious respiratory illness. But the two diseases are not the same thing. They are caused by different viruses, and our ability to stop each of them with modern medicine is very different.

While you're not any more likely to catch the flu this year, health officials worry about both diseases spreading at the same time. So it's important to understand how to protect yourself and stay healthy.

Stopping the spread

You've likely heard many times now about the importance of wearing a mask in public, social distancing and washing your hands frequently. These are all actions we can take to help stop the spread of COVID, and people need to continue doing these things. Less germs means less disease, so each of these actions will also be helpful in stopping the spread of the flu.

However, nothing offers as much protection as being vaccinated. Each day we get closer to being able to vaccinate everyone against COVID. For influenza, we already can and should! The Centers for Disease Control and Prevention (CDC) recommends influenza vaccination for everyone over the age of 6 months. The flu shot won't protect you from COVID, but within two weeks will help protect you from influenza. If you haven't already, you should get immunized as soon as possible.

Safety and flu shots

The flu shot cannot give you the flu. Also, it will not increase your chances of catching COVID.

Influenza vaccine helps you by stimulating your immune system to be ready to respond immediately and fight off the strains of influenza virus that are most likely to be spreading in our cities and towns this year.

How and where you get the shot is up to you. Many employers offer it for their employees. Most pharmacies allow anyone to walk in and get the shot. Medical offices usually are able to vaccinate patients who are there for preventive care and/or illness. This year specifically, many drive up sites are being set up by different organizations to give flu shots.

Regardless of how you get a flu shot, all providers have been given guidelines on how



to do so safely so that they are not spreading COVID at the same time. This includes protective equipment for the providers, and requirements of masks and distancing for those waiting to get a flu shot. The priority for everyone is patient safety.

If you get sick

Should you develop symptoms this flu season, it will be very important to talk to your health care provider right away, whether you got vaccinated or not. A stuffy nose and cough may be nothing more than a common cold. But a high fever or chills could indicate something more serious.

The tricky thing is, we've seen that COVID can look very different in different people. Some cases have been described as "flu-like," which might be confusing. Meanwhile, many people underestimate the seriousness of the flu, which can prove fatal.

It is important to seek a professional opinion through a regular appointment, emergency care or an online health consultation. Drive-up sites can help determine the identity and severity of your illness by testing. In fact, the CDC has now begun distributing tests that check for both COVID and influenza simultaneously.

Once identified, the flu can be treated. We have antiviral medications that help defeat the virus while providing some relief from symptoms. However, researchers are still looking for treatments to consistently help people beat COVID.

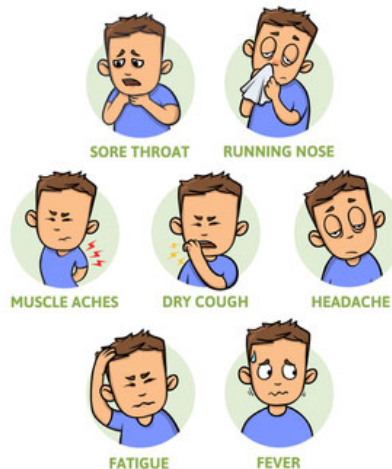
To quote an old saying, "an ounce of prevention is worth a pound of cure." The best defense against the flu is to get vaccinated against it beforehand.

Robert H. Hopkins, Jr., M.D., is the director of the General Internal Medicine Division and a professor of internal medicine and pediatrics in the College of Medicine at the University of Arkansas for Medical Sciences.

FLU



SYMPTOMS



TREATMENT



Salted Peanut Glazed Brownies

Found at bettycrocker.com

1 box (16 oz) Betty Crocker™ Supreme original brownie mix
Water, vegetable oil and egg as called for on brownie mix box
1/2 cup semisweet chocolate
1/2 cup chopped redskin Spanish peanuts
1 cup Betty Crocker™ Rich & Creamy vanilla frosting (from 16 oz. container)
3 tablespoons creamy peanut butter

Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 9-inch square pan with shortening or cooking spray. Make brownie batter as directed on box. Stir in chocolate chips and 1/4 cup of the peanuts. Spread in pan.

Bake 28 to 31 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely on cooling rack, about 1 hour 30 minutes.

In medium microwavable bowl, stir frosting and peanut butter until blended. Microwave frosting mixture uncovered on High 20 to 30 seconds or until mixture is warmed and pourable. Pour over baked brownie; spread over top. Sprinkle remaining peanuts on top. Let stand about 1 hour or until set. Cut into 4 by 4 rows. Store covered in an airtight container.



***City Offices will be closed
Thursday and Friday
December 24 and 25***

in observance of Christmas Holidays

***Garbage, trash and recycling routes will not run on
Friday, December 25, 2020, but will run one-day de-
layed (Friday pick up on December 26, 2020).***

***City Offices will be closed
Friday, January 1, 2021,***

in observance of the New Year's Day

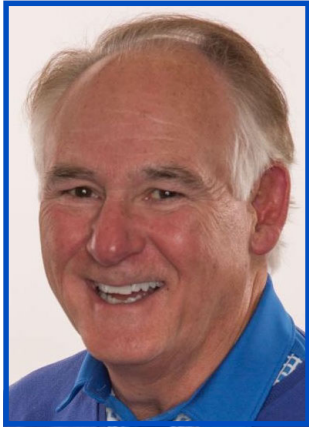
***Garbage, trash and recycling routes will run one-day
delayed (Friday pick up Saturday, January 2, 2021).***

RUNOFF ELECTION DECEMBER 1, 2020

Candidates for Municipal Offices in North Little Rock

Note: candidates are listed alphabetical order. Photos were found on Google

North Little Rock Mayor



Terry C. Hartwick



Tracy Steele

North Little Rock City Council Ward 3, Position 1



Ronald (Ron) V. Harris



John Parker

To learn more about any of the above candidates look for them on social media (Facebook) or contact them. Contact information can be found at www.pulaskiclerk.com/elections. Scroll down to Municipal Candidate Filing, then scroll down to North Little Rock. There you will find telephone numbers and/or email addresses for each.

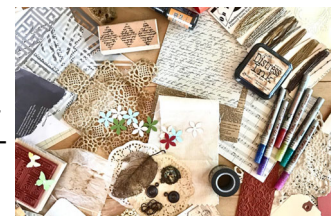
Elections are important. They decide who will represent the residents of our city and the areas we reside in. **The Runoff Election will be held Tuesday, December 1, 2020. TODAY!**

For more information, please call Pulaski County Voter Registration at 501-340-8336 or visit www.pulaskiclerk.com. You can also contact the Pulaski County Election Commission at 501-340-8383 or visit www.votepulaski.net.

Laman and Argenta Library Info:

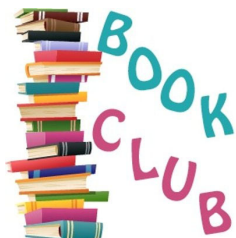
Journal Making with Sari

Create your own holiday journal with Sari's virtual workshop on Facebook and the Laman-library YouTube channel. Call Argenta Branch at (501) 687-1061 to reserve your free crafting kit for curbside pickup. Supplies are limited. One kit per person please.



Curbside Services

Now offering books, movies, audiobooks, loom knitting kits, and WiFi hotspots curbside. Log in to your lamanlibrary.org account to place items on hold, and we'll call to arrange a convenient pickup time. Or call Main Branch at (501) 758-1720 or Argenta Branch at (501) 687-1061 for assistance.



Digital Branch

Check out the selection of free books, music, and movies at <http://lamanlibrary.org/digital.html>.

Virtual Book Club

Join us for an Essence of Books discussion via Zoom at 6 p.m. on Dec. 29.

Printing & Notary Services

We provide remote assisted printing at both our Main Branch, 2801 Orange St., and Argenta Branch, 420 Main St. You'll find more information and a how to video to help you take advantage of this free service at lamanlibrary.org. For a free and contactless Notary Public Service appointment, call our Argenta Branch at (501) 687-1061.

Book Bundles

Call us to request Story or Chapter Book Bundles for the kids! Let us know how many children you have, and we'll include a craft or other surprise for each. You can choose from one of the topics we have available or get one on demand.

Take & Make Creative Kits

Call either branch to reserve free children's Craft/STEM Kits for curbside pickup! Check our Little Free Libraries (LFL) for special Take & Make kits too. They're coordinated with book suggestions and are designed for different ages, from children to adults.

We have these December Birthdays:

KATHY SARNA	4	MICHAEL THORNTON	13
EMILY ROZARIO	4	CRAIG GERARD	20
JENNIE PROMACK	13	LILITH MCFARLIN	26

And these December Anniversaries

JENNY HEARD	19 yrs	PEGGY MORRIS	3 yrs
JEFF ATKINS	8 yrs	KENNETH FRAZIER	1 yrs
JOHN ENGLISH	5 yrs		



Beth White

We have a council member retiring at end of the year.

Ward 1 **Council Member Beth White** has served on the city council since 2009. During her time on the council she was a strong advocate for the residents of Ward 1 and the entire city.

Council Member White has been an active member of the Arkansas Municipal League and represented our city on the Large First Class Advisory Council. She attend AML Conferences and other educational sessions to expand her knowledge of municipal government and laws. She brought many great ideas back to our city and was instrumental in implementing many through legislation.

The Fit 2 Live Program and Community Gardens are successful city programs thanks to the efforts of Council Member White.

She has also been an active representative of Ward 1 by attending community meetings and events.

We will miss her service on the council, but look forward to seeing her with her husband Tom, grandkids and her fur baby, Ike.





**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: **10/28/2020**
Expires: **12/31/2020**



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: *AT&T is going door to door. Is that soliciting?*

Answer: **Yes...**if someone knocks on your door and is promoting a service that requires a fee they are conducting business and are required to have a door to door Peddlers Permit.

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

The following businesses are **not permitted** to go door to door in our city at this time:

- Security Alarm Companies**
- Pest Control Companies**
- Telephone Service Providers**
- Yard Service**
- Tree Trimming**
- House Painting**
- Meat sales (from a vehicle)**

The above types are just a few businesses that commonly go door to door during the summer months.

To see a list of issued permits, visit the city website at www.nlr.ar.gov, then click on City Clerk/Treasurer, followed by Licensed Peddlers.

To see an individual ID/Permit, click on the person's name. All licensed door to door peddlers are **required to have the ID issued by the City Clerk's Office with them at all times.**

Currently, we have NO permitted door to door solicitors

The final notice has been mailed to businesses located in or doing business in the City of North Little Rock that have not renewed their 2020 Business/Privilege License. 2020 Penalties were waived through June 30, 2020 due to COVID-19.

However, all delinquent accounts are now past due. The penalty beginning July 1, 2020 is 50% of the total due.

All persons doing business **of any kind** within the city limits of North Little Rock are required to have a Business/Privilege License. This includes home-based such as lawn care or internet sales.

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

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

North Little Rock 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

North Little Rock Curbside Recycling
schedule for the month of December



Nov 30--Dec 4 no pickup
Dec 7--11 recycle
Dec 14--18 no pickup
Dec 21--26 recycle
Dec 28--Jan 1 no pickup

DECEMBER ANNIVERSARIES

Name	Dept	# Yrs	Name	Dept	# Yrs
WILKINS, JUDY	Courts 2nd	17	BEASTON, RICHARD	Police	21
STOWELL, JONATHAN	Electric	33	TOZER, MARK	Police	21
WILLIAMS, TERENCE	Electric	19	COOPER, AMY	Police	17
NORMAN, SYLVIA	Electric	13	JONES, WILLIAM	Police	17
PRATER, SHANE	Electric	11	IMHOFF, ERIC	Police	16
REAGAN, SHAY	Electric	8	BEHNKE, LARRY	Police	15
CERRATO, ALFRED	Fire	40	MAYNARD, JAROD	Police	13
MAULDIN, ROBERT	HR	13	UMHOLTZ, CRAIG	Police	13
LEONARD, STACEY	HR	10	BRUNO, SHERRYL	Police	5
LEE, NATHANIEL	Parks Maint	10	RAMIREZ, EDNA	Police	2
GARDNER, OMAR	Parks Maint	2	COOPER, SAM	Police	2
LEWIS, JOHN	Parks Maint	1	MAY, MOLLY	Police	2
BRYANT, CHRISTOPHER	Parks Rec	16	STEPHENS, KENNY	Public Works	13
LAMPKIN, JAYLEN	Parks Rec	1	MARBLEY, MICHAEL	Sanitation	12
PRINCE, JUDY	Police	40	SMITH JR, SYLVESTER	Sanitation	11
DAUGHERTY, JERRI	Police	39	SPENCER, LESLIE	Sanitation	4
GIBBONS, MICHAEL	Police	26	SBAIT, CHERIHAN	Senior Center	8
LOWRY, PHILLIP	Police	26	GATLIN, DEAN	Street	18
BARNES, CHARLES	Police	22	SHEFFIELD, GARY	Street	13
LIVINGSTON, KENNETH	Police	22	DAVIDSON JR, JOHN	Street	6
NANNEN, JOHN	Police	22	MCKEE JR, THURMAN	Traffic	20

Information regarding employee anniversaries and birthdates is provided by Human Resources the prior year (i.e. 2020 was provided in 2019). So if an employee name is on the list that has retired or resigned, please disregard. Also, typos happen! Please let me know if a name is spelled wrong and a correction will be included next month! For employees who leave the city and come back in a different capacity or department, your length of service may change as well. Example, I worked in the Mayor's Office 10 years, then was elected City Clerk. I have been in the City Clerk's Office 19 years. My total service with the city is 29 years. If this scenario applies to you, please email me at least one month before the month of your anniversary month so I can include your total service to the City of NLR! Diane (Dwhitbey@nlr.ar.gov)



- Some include:
- The Friendly Chapel F.L.A.M.E.
 - Amboy Food Bank
 - North Little Rock Friends of Animals
 - AR Regional Innovation Hub
 - Salvation Army
 - Butterfly Community Ministries
 - The Thea Foundation
 - Friends of NLR History
 - Special Olympics
 - Potluck
 - Multiple churches
 - And many, many more.

As we enter into the **season of giving**, please consider making a charitable contribution. There are many non profit groups in our city that help others.

If you have a favorite charity, consider making a donation in memory or in honor of a loved one. **Merry Christmas to all!**

DECEMBER BIRTHDAYS

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>
KUYKENDALL, ROBERT	Electric	1	SCARBOROUGH, JESSICA	OES	17
HART, FELECIA	Commerce	1	YIELDING, CHRISTINA	Legal	17
SIMS, NIESHA	Parks Rec	1	GARVIN, BELINDA	Public Works	17
ELROD, TANNER	Electric	2	GUNN III, WALTER	Public Works	17
SMITH, MICHAEL	Electric	2	POZZA, RICHARD	Electric	18
PORTER, GERALD	Street	2	BUIE, ALLEN	Street	18
SMITH, CHELSEA	Parks Rec	2	LEWIS, JOHN	Parks Maint	18
DICUS, JONATHAN	IT	2	BENNETT, RENALDO	Fire	19
SADLER, LEEANN	OES	5	OWENS, ANTHONY	Parks Maint	19
BEHNKE, LARRY	Police	5	ROBINSON, LINDA	Admin	20
ARMSTRONG, DAVID	Vehicle Maint	5	MILES III, DAVID	Animal Contr	20
NASH, GREGORY	Fire	6	FUNDERBURG, CODY	Electric	20
SHIRLEY, AMON	Police	6	BRYSON, ROBERT	Fire	20
MATTHEWS, RICHARD	Fire	7	POUNDERS, JOHN	Fire	21
REDDITT, JULIA	Police	7	WEED, VICKI	Courts 1	21
ALURAIKY, YASSIN	IT	7	SCOTT III, HARVEY	Police	21
TULLOS, JOSEPH	IT	7	DRIGGERS, LINDA	Finance	22
JERNIGAN, MATTHEW	Police	8	TETKOSKIE, ALAN	Fire	23
SCOTT, WILLIAM	Police	8	TETKOSKIE, NICHOLAS	Fire	23
SMITH, JOSEPH	Police	8	HARGROVE, RICHARD	Fire	24
TODD, TERRI	OES	10	WILSON, CARL	Fire	24
STEPHENS, JESSICA	Electric	10	CATES, DIANA	Code	24
BRANNON, JOHNNY	Parks Golf	10	HODGE, LYRICA	Parks Funland	24
MATCHETT, MATTHEW	Fire	11	SMITH SR, ERIC	Sanitation	25
CUPPS, ROBERT	Police	11	BROWN, CODY	Police	26
SHARKEY, TATYANA	Parks Rec	11	MAHAN, TIMOTHY	Fire	27
DAVIDSON, BRENDA	Electric	12	WARD, JEREMY	Fire	27
ALSTON, JOHN	Police	13	FIELDS, AMY	Legal	27
BROWN, CHRISTOPHER	Police	13	WILLIAMS, ADAM	Police	27
SATTERFIELD, BRENDA	Police	13	BROCK, KENNY	Vehicle Maint	27
WOODS, SHATORIA	OES	14	JENKINS, KAYLA	Parks Rec	27
KIMSEY, ZACHERY	Electric	14	STRIPLING, WILLIAM	Electric	28
MILLER, NORMAN	Fire	14	COLTER, TYLER	Fire	28
PRINCE, JUDY	Police	14	TACKETT, PERRY	Fire	28
ROBERTS, MARK	Police	15	KERR, DENA	Police	28
SAVAGE, DOMINIQUE	Parks Rec	15	EPPERSON, LARRY	Code	28
CURTIS, CHRISTOPHER	Electric	16	WILLIAMS, HELEN	Electric	29
HEAD, CLARK	Electric	16	STEWART, NICHOLAS	Police	29
BOODY, JAY	Police	16	CARTER, TALON	Parks Rec	29
RAMIREZ, EDNA	Police	16	FOLEN III, JOSEPH	Electric	30
FULLER, CHAD	Vehicle Maint	16	BRYANT, CHRISTOPHER	Parks Rec	30
BRIMLEY, JOHN	Parks Rec	16			

The Leaf Trucks and Vacs continue to roll through North Little Rock!

If you haven't started raking your leaves, now is the time to dust off the ole leaf rakes!

Our city is divided into five (5) areas. Maps of the areas can be found on the city's website at nlr.ar.gov/sanitation.

Just scroll down to *Leaf Vacuum*

Trucks Status and click on the high-

lighted *Leaf Pick Up*. This will take you to an additional page where you will find everything you need to know about the city's leaf removal. If you scroll to the bottom of the page, you will find maps which illustrate the areas of pickup.

If you are on Facebook, like the City of North Little Rock—Government page where you will find location updates.

There is also a "hotline" you can call at 501-371-8340 where you can talk to one of our wonderful employees who will be happy to answer and assist with any questions or concerns you may have.

A few things to remember...

- Do NOT add sticks, limbs or other debris or trash to your leaf pile. This can cause the mulcher to break which will result in delays.
- Do NOT rake leaves into the street or gutter. Leaves are the number one cause of clogged pipes in the storm water drainage system. Clogged pipes can cause flooding and contribute to potholes. Keep your mind and your leaves out of the gutter!
- Do NOT block the sidewalk. Your neighbors who enjoy walking in the neighborhood have to walk in the street or your yard if you do.

Don't want to wait on the vacuum to make it to your neighborhood? No problem! Just bag your leaves and leave them at the curb for your weekly scheduled bulky item/green waste pickup day.

Green waste include: leaves, branches, garden waste, and unpainted lumber.

Bulky items include: household items (washers, dryers, couches, mattresses, other furniture and items that won't fit into a standard trashcan. We CANNOT pick up mixed piles.



Thank you from the team at NLR Sanitation!