

Kick off the New Decade Right

Found at parade.com Written by Megan Grant

Focus on a passion, not the way you look.

Work out to **feel good**, not be thinner.

Stop gossiping.

Give one compliment a day.

Go a whole day without checking your email.

Do random acts of kindness.

Read a book a month.

Go someplace you've never been.

Clear out the **clutter**.

Turn off your phone one night a week.

Reduce your waste.

Volunteer.

Travel on a small budget.

Write down one thing you're grateful for every night.

Drink more water.

Take some of your paycheck and put it in savings or investment.

Stop multi-tasking.

Talk to yourself with kindness.

Walk to a coworker's office instead of emailing them.

Don't buy things you don't need.

Keep a journal.

Clean out your car.

Put your bills on autopay.

Take the stairs.

Go to the dentist when you're supposed to.

Be kind on social media.

Let go of grudges.

Stay in touch with the people who matter.

Try a new restaurant.

Join a club or Meetup.

Travel somewhere without posting about it on social media.

Bring a plant into your home.

Sanitize your personal belongings.

Start one new hobby.

Buy less plastic.

Send handwritten letters.

Donate clothes you never wear.

Pay off your credit card every month.

Avoid people who complain a lot.

Remove negativity or anything that makes you feel lousy.

Travel somewhere with no map.

Wear sunscreen.

Cook more.

Get a real haircut.

Do something that scares you.

Make your bed every morning.

Stay on top of your inbox.

Try guided meditation.

Stretch it out.

Craft something yourself.

Go to bed happy each night.

Spot clean as you go.

Pay it forward.

Talk less, listen more.

Whatever your goals are, write them down.

Keep in mind the new year is a time to bring new life to our passions, whether it's exercise, travel, more time with friends and family, you name it!

Don't obsess over weight...get active and see if you feel better!

Regarding clutter...did you know it's bad for you? Research has shown that it causes stress, so make the new year one of organization and cleanliness (at home and at work!).

Did you know the City of North Little Rock has a volunteer program? If not, call the Patrick Henry Hays Center to learn more. You will meet some amazing people and help your community while you're at it!

Drinking more water...did you know that 75% of humans are chronically dehydrated?

Talk to yourself with kindness? What does this mean? Well, we aim to be nice to others but then criticize ourselves. Stop it! Think nicer things about yourself and be kind to yourself!

Don't buy things you don't need. Some of us love to spend money even if it's for no good reason. Don't need it?...Don't buy it!

Do you remember your parents or grandparents saying "if you don't have anything nice to say, then don't say anything!" Well, some social media users might want to think about this one!

Avoid negative people...it could be a coworker or a family member...don't let their grumpy attitude bring you down!

Don't worry! Be happy!



"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!*)

Pet—from Wikipedia, the free encyclopedia

A pet, or companion animal, is an animal kept primarily for a person's company, entertainment or as an act of compassion such as taking in and protecting a stray cat, rather than as a working animal, livestock or laboratory animal. Popular pets are often considered to have attractive appearances, intelligence and relatable personalities, but some pets may be taken in on an altruistic basis and accepted as they are.

Two of the most popular pets are dogs and cats. The technical term for a cat lover is an ailurophile, and for a dog lover, a cynophile. Other animals commonly kept include: rabbits; ferrets; pigs; rodents, such as gerbils, hamsters, chinchillas, rats, mice, and guinea pigs; avian pets, such as fish, freshwater and salt-water snails, amphibians like frogs and salamanders; and arthropod pets, such as tarantulas and hermit crabs. Small pets may be grouped together as pocket pets, while the equine and bovine group include the largest companion animals.

Pets provide their owners (or "guardians") both physical and emotional benefits. Walking a dog can provide the human and the dog with exercise, fresh air and social interaction. Pets can give

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

companionship to people who are living alone or elderly adults who do not have adequate social interaction with other people. There is a medically approved class of therapy animals, mostly dogs or cats, that are brought to visit confined humans, such as children in hospitals or elders in nursing homes. Pet therapy utilizes trained animals and handlers to achieve specific physical, social, cognitive or emotional goals with patients.

People most commonly get pets for companionship, to protect a home or property or because of the beauty or attractiveness of the animals. Aside from lack of desire, the most common reasons for not owning a pet are lack of time, lack of suitable housing and lack of ability to care for the pet when traveling.

Best House Pets Besides Cats and Dogs



President Signs Law Making Cruelty To Animals A Federal Crime

In November, President Donald Trump signed a new law making cruelty to animals a federal crime. The bill prohibits "Crushing" and/or the creation of "crush" videos.

The term 'animal crushing' means actual conduct in which one or more living non-human mammals, birds, reptiles, or amphibians is purposefully crushed, burned, drowned, suffocated, impaled, or otherwise subjected to serious bodily injury. The term 'animal crush video' means any photograph, motion-picture film, video or digital recording, or electronic image that (A) depicts animal crushing; and (B) is obscene.

Whoever shall violate this law shall be fined, imprisoned for not more than 7 years, or both.

Animal welfare activists said a federal law was necessary even though every state already has laws criminalizing animal cruelty. They argued that the lack of federal legislation made it difficult to prosecute animal cruelty cases that span different states or jurisdictions.


This information was found at npr.org/2019/11/25 and was written by Richard Gonzales



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

The Silent Killer That Could Be In Your Home

Found at eDoc.America.com

By Doctor Anita Bennett—Health Tip Content Editor

I have a story to tell you. It is from a real account from a patient, written to her doctor on November 15, 1921. It is an account of a strange series of events that she and her family experienced after moving into a new home. The house was lit by gaslights rather than electricity and was a rambling house with 3 floors, passageways, and servants' quarters. In other words, the perfect house for a Halloween haunting! Below is the letter from Mrs. H to her doctor:

"One morning, I heard footsteps in the room over my head. I hurried up the stairs. To my surprise, the room was empty. I passed to the next and then into all the rooms on that floor, then to the floor above to find that I was the only person in that part of the house. Sometimes after I've gone to bed, the noises from the store room are tremendous, as if furniture was being piled against the door, as if china was being moved about, and occasionally a long and fearful sigh or wail.

Sometimes as I walk along the hall, I feel as if someone was following me, going to touch me. You can not understand it if you've not experienced it. But it's real. As I was dressing for breakfast one morning, B, who is four years old, came to my room and asked me why I'd called him. I told him I'd not called him. With big and startled eyes he said, "Who was it then that called me? Who made that pounding noise?"

Mrs. H. went on to tell her doctor about seeing a young woman at the foot of her bed during the night, about feeling the bedclothes jerked off of her during the night, and feeling the presence of the "unknown". She also told him that her family had all been feeling very tired and lethargic, and sometimes would have temporary paralysis. The plants in the home had even withered and died.

This all sounds quite scary, and it actually is very scary, but for a different reason than you might think. As it turned out, carbon monoxide gas from the furnace was flooding the home instead of escaping up the chimney. Mrs. H. thought there were ghosts trying to get them out of the house. Instead, carbon monoxide poisoning was producing all of the effects of a haunting, including delusions, hallucinations, lethargy, and more! Her family was in danger alright. They were actually lucky to be alive.

What do you need to know about carbon monoxide?

Carbon monoxide (CO) is colorless, odorless, and tasteless. You can be poisoned by it without being aware. All people and animals are susceptible to CO poisoning, but it is especially dangerous to the very young, elderly, and people who are otherwise ill.

Carbon monoxide is produced whenever any fossil fuel is burned. This includes gas, oil, kerosene, wood, or charcoal. Chimneys, gas water heaters, furnaces, generators, grills, cars, and anything that uses fossil fuel all create CO, and therefore can put you at risk of CO poisoning if the exhaust is not vented properly.

What are the symptoms of carbon monoxide poisoning?



It can cause a wide range of symptoms and can kill you. Here are some of the symptoms of CO poisoning:

- Headaches
- Hallucinations and confusion
- Dizziness
- Nausea or vomiting
- Feeling tired and/or sleepy
- Chest pain and/or shortness of breath
- Loss of consciousness
- Death

What do you need to do to protect yourself and your family?

- Schedule annual heating maintenance with a professional.
- Make sure your furnace filter is changed regularly.
- Make sure your chimney is cleaned and inspected regularly. Don't use a fireplace that isn't drawing smoke upward adequately.
- Make sure you have carbon monoxide detectors in your home in these places: *on every level of your house, 5 feet from the ground, near all sleeping areas, in the kitchen, living/dining room, and the office, in attached garages.*
- Do not install CO detectors too close to fuel-burning equipment, windows and vents, in direct sunlight, or in excessively humid areas like a bathroom.

Here are some things you should NEVER do:

- Never run a generator inside the house or garage, or close to any open windows or door. Your generator should be about 25 feet away from your home.
- Never burn coal indoors or bring your grill inside!
- Do NOT heat your home with your gas oven or stove top, even if you have no other heat source!
- Never let your car idle in the garage, even if the garage doors are open.
- If your car is in a snow bank (from sliding into a snow bank or excessive snow accumulation while it was parked), clear all snow from around the tail pipe before starting your car.

If your family has ANY symptoms of CO poisoning, you should see a doctor immediately.



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—42 new members. 9,109 visits for the month. Activities included Community Concert Band performance, Police Promotions, CareLink Computer Lab and Thanksgiving lunch for 150 members. 19 trips included: A to Z Store in Alma, Altus for wine tasting, Murry's Dinner Playhouse and Star City's Country Village. Public Senior Housing residents were transported to medical appointments, grocery stores, and pharmacies. Residents also traveled to Maple Place fka Willow House for a Thanksgiving meal. Volunteers contributed 1,002 hours.

Sanitation—Garbage/Yard Waste—2,308.15 tons (4,616,300 lbs.), Yard Waste—223 loads = 6,212.20 cubic yards (green waste). 190 waste tires collected. 94 Sanitation Code Inspections and issued 14 notices for non-compliance. *Leaf vacuums resumed in November. Bagged leaves will be picked up weekly.*

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

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

Fire—Total incidents—891
Total Unit Responses—1,747
Residential Fires—18
Vehicle Fires—8
False Alarms/Malfunctions—63
Rescue/Emergency Medical—514
Mutual Aid—1
Hazardous Material Response—17
Structure Fire fatalities—0
Vehicle fire fatalities—0
Training hours—3,462
Total Building Surveys—147

Office of Emergency Services/911—
Total incoming calls: 12,413
Non-911 calls: 6,538



North Little Rock City Offices will be closed Wednesday, January 1, 2020, in observance of New Year's Day and Monday, January 20, 2020 in observance of Martin Luther King Jr.'s B-day. Garbage and trash routes will run one-day delayed the remainder of each week.

Wired 911: 646 Abandoned Wired 911: 34
Wireless 911: 4,957 Abandoned Wireless: 238
Total dispatch computer entries: 7,580

Planning—0 new commercial permits. Issued 12 new single family residence permits (permit average \$126,907). Issued 5 Sign permits and 1 Banner permit. Inspectors completed 485 inspections and covered 2,609 miles: 156 Electric; 87 Building; 184 Plumbing; 58 HVAC.

Electric Customer Service—
Direct contact—lobby payments, 4,820, Drive-thru payments, 2,589. Total payments received: Electric—34,898, amount \$7,928,968.00. Bad debt: \$20,362.00.

Code Enforcement—71 assigned calls, 239 initiated calls, 28 citations, 210 violation notices, 83 vehicles tagged, 27 structures inspected, 16 rental inspections, 14 food service inspections, 0 search warrants, 1 house demolished by city, 0 houses demolished by owner. Code Maintenance—66 assigned calls, 26 vacant lots cleaned, 2 lots with structures cleaned, secured 3 vacant houses, 0 vacant lots mowed, 2 lots with structures mowed.

North Little Rock Convention & Visitors Bureau—Visitors Information Center in Burns Park had 328 visitors in November. Downtown RV Park had 490 campers with an average stay of 2.8 days. The Arkansas Inland Maritime Museum had 882 visitors.

Electric Department—38,708 customers, Peak Power—211,291 KW, Territory—60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,060 (106 repaired), Security lights—4,334 (26 repaired), Smart meters—39,401, Revenue—\$6,267,252. Major outages: none.

Continued on page 5...



Left...last month Chief of Staff Danny Bradley was caught with his (not so) ugly Christmas Sweater!

North Little Rock Animal Control

Incoming animals—199/YTD-2,322

Dogs—119

Cats—80

Other—0

Adoptions—49/YTD-690

Dogs—37

Cats—12

Other—0

Reclaimed—34/YTD-293

Dogs—33

Cats—1

Euthanized—118/YTD-1,279

Dogs—54

Cats—64

Calls for service—475/YTD-6,159

Pulaski County (accepted at NLR)-0

YTD=Year to date

****Non-adoptable animals are those that are sick, injured, unweaned (puppies and kittens), vicious, court ordered or by owner request.******Finance—November Report—Revenues (MTD)**

Taxes \$3,123,377.08

Licenses/Permits \$ 75,350.28

Fines/Forfeitures \$ 166,839.32

Local Option Sales Tax \$2,793,306.45

Franchises \$ 317,922.52

Investment/Misc \$ 69,753.79

User Fees \$ 83,145.28

Electric System \$ 923,080.00

Grants & Other \$ 87,678.03

Total Revenue: \$7,640,452.75**Expenditures**

Administration \$ 133,722.37

Animal Shelter \$ 56,567.51

Special Appropriations \$ 408,854.01

City Clerk \$ 27,075.50

Emergency Services \$ 159,289.32

Finance \$ 61,344.19

Fire \$1,996,592.19

Health \$ 4,565.90

Legal \$ 56,467.42

1st Court \$ 47,982.02

2nd Court \$ 43,769.00

Human Resources \$ 51,068.26

Commerce \$ 23,160.64

Planning \$ 77,464.62

Police \$2,638,676.35

Code Enforcement \$ 78,234.36

Public Works \$ 73,943.37

Neighborhood Services \$ 16,483.08

Sanitation \$ 340,747.14

Vehicle Maintenance \$ 75,697.32

Senior Citizens Center \$ 93,896.33

Communications \$ 8,456.05

Fit 2 Live \$ 15,943.78

Total Expenditures: \$6,490,000.73**2019 Annual North Little Rock Sertoma Club Christmas Parade Winners**Antique Machinery & Historical Society
Mayor's CupScimitar Shriners
Best Non ProfitDance Dynamics North
Chairman's ChoiceMeadow Park Elementary
Best Dance/PerformingNLRHS Chase the Wildcat Bug
Sertoma President's AwardEast Pulaski County Fire Department
Best Fire TruckGirl Scout Troup 6566/6096
Best Girl Scout EntryNLR Charging Wild Cat Band
Best Marching GroupCub Scout Pack 87
Best Scout AwardPulaski County Sheriff's Department
Mounted Patrol
Best Equine Riding GroupSS22 Little Rock
Best Club EntryMcLarty Nissan
Best Decorated Commercial/
Business EntryAR State Fair Queen
Best Beauty Entry

Scammers Love Gift Cards

Found in the Daily Record

By Nan Selz, Executive Council, AARP Arkansas

Gift cards are ubiquitous. There are rows and rows of them for sale at the supermarket, and most businesses now offer gift cards as well as merchandise. They are an easy gift for someone who has everything or for someone you don't know well.

But...gift cards have become extremely popular with scammers. Scammers have found them very useful for getting money out of people who might be reluctant to share information about their bank account or credit card with a stranger.

A caller may claim to be with the IRS. He says you owe taxes that must be paid immediately to avoid interest and fines. Perhaps the caller says he is from a utility company. He says that, because you failed to pay your bill, your service will be cut off unless you arrange payment right away. A "relative" or "friend" calls and asks you to send money as soon as possible to get him or her out of trouble. There's always a sense of urgency about the call so you don't have time to think things through or to investi-

gate the claim.

The caller then directs you to purchase a gift card for the amount requested. You are asked to share the numbers and PIN on the card with him. The minute you hear the words "gift card," you know it's a scam. So when you hear those words, you should hang up the phone. Gift cards can only be used to purchase products and services. No government office, utility or legitimate business accepts a gift card as payment.

The AARP Fraud Watch Network connects you to the latest information about scams like this. The Fraud Watch Network is on Facebook and on Twitter at #fraudwatch. You can join at <http://www.aarp.org/money/scams-fraud/fraud-watch-network/>.



2020 Public holidays are:

New Years Day—Jan 1 (Wed)	Veterans Day—Nov 11 (Wed)
Martin Luther King Jr. Day—Jan 20 (Mon)	Thanksgiving—Nov 26 & 27 (Thu/Fri)
George Washington/ Daisy Bates—Feb 17 (Mon)	Christmas Eve—Dec 24 (Thur)
Memorial Day—May 25 (Mon)	Christmas Day—Dec 25 (Fri)
Independence Day— <i>observed July 3 (Fri)</i>	
Labor Day—Sep 7 (Mon)	

Above: Robin Craven and Davin Reynolds—NLRPD.

City Hall Team right:
Front—Anita Paul, Katelyn Thomas, Diane Whitbey, Missie Smith, Margaret Powell, Charlotte Thomas. 2nd row—Kevin Ussery (Traffic), Shelley Ussery, Mayor Joe A. Smith. Back rows—Isaac Henry, Talor Shinn, John McCullar (Maintenance), Shannon Carroll and Steve Shields. Not pictured—Jim Billings...because he took the picture!





North Little Rock City Employees are provided emails from E-Doc as part of their Employee Health Benefit. Below is a recent article regarding a topic many of us have faced.

Sinus Infections—Do You Need Antibiotics?

By Doctor Anita Bennett—Health Tip Content Editor

This time of year, we get many questions about sinus infections. There are so many illnesses going around, and many people are worried that they have a sinus infection. Most people believe that sinus infections require antibiotics to improve. It may surprise you to know that most sinus infections will get better without antibiotics. I thought that we should all know the truth about sinus infections, so let's talk about it today.

Sinus infections happen when fluid builds up in the air-filled pockets in the facial bones. Most sinus infections are caused by viruses, although some sinus infections are caused by bacteria.

What are the risk factors for developing a sinus infection?

Many sinus infections start with a cold. That same cold virus then promotes the fluid build-up within the sinuses. Here are a few of the risk factors that make you more prone to develop a sinus infection:

- Smoking or exposure to second hand smoke.
- Structural problems within the nose or sinuses, such as polyps.
- A weakened immune system, which may be the result of certain medications.

How do I know if I have a bacterial infection that needs an antibiotic?

Remember that sinus infections caused by a virus can cause all of the symptoms that I mentioned, including the green mucus, and the bad facial pain and pressure. Having those symptoms does not mean that you need an antibiotic. In fact, these symptoms are almost always caused by a virus.

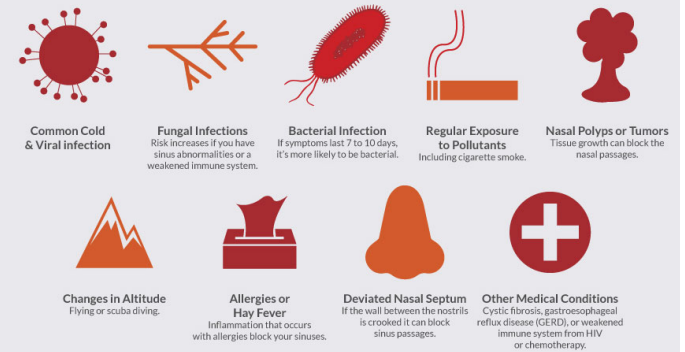
Viral sinus infections will usually last about 7-14 days. There is nothing that will make it go away faster, not even antibiotics, but there are some things that you can do to help improve the symptoms and make you feel better until it does go away.

If you have symptoms that last for more than 14 days, then I would be concerned about the possibility of a bacterial infection, although it could still be viral. After 14 days of symptoms, antibiotics should be considered, although they may not always be necessary.

What do I do to feel better?

- Decongestants—There are a number of decongestant medications available without a prescription. If you have high blood pressure, be sure to talk with your doctor first.

These are the Most Common Causes SINUS INFECTIONS

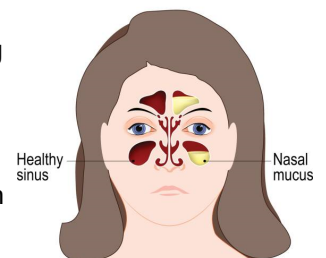


- Expectorants—Such as guaifenesin, work to thin mucus. This can help to allow mucus and fluid to drain from your sinuses and make it easier to get mucus out of your chest.
- Steroid nasal spray—Such as Nasacort or Flonase, can decrease the swelling and inflammation within the nasal passages. They do not work quickly, but if used regularly, you will start seeing results in a couple of days, which will get better the longer you use it.
- Saline nasal spray—You can use this as often as you want throughout the day or night. It will flush the mucus and help clear your sinus openings.

In addition, you should do things your grandma always told you to do when you are sick, such as:

- Drink plenty of fluids, especially water.
- Get plenty of rest, with more sleep than usual (studies show this really helps you recover more quickly), avoid working long hours and skip your regular exercise routine for a few days.
- Drink hot tea with a little lemon and honey. Be sure to breathe in the steam before you drink it.
- Use steam to improve congestion when it is worse (stand in a hot shower for a few minutes, or just be in the bathroom while someone else showers, or pour boiling water into a bowl or a sink and make a tent over your head with a towel, then just lean over the hot water and breathe in the steam through your nose).

SINUSITIS



Improve Your Sinuses Today: What To Eat To Avoid Inflammation

Found at www.pacificcollege.edu

Everyone has allergies from time to time, but imagine your life if you had a stuffy or runny nose, headache, or sinus pressure every day? There is something natural that



can not only reduce these symptoms, but make you feel more energized, boost your immune system, and can even improve your skin and hair health: eating foods that fight inflammation. Inflammation is the root cause

of chronic sinus problems, as well as allergies and hay fever.

However, traditional Chinese medicine has long held the belief that the foods you eat and the lifestyle you lead can impact your health as much as any medical regimen.

A nutritious diet can not only decrease inflammation in your system, but also boost your immunity to bacteria that can lead to sinus infections. Also, there are foods that can unclog nasal passages and ease your breathing. Just as we would put the right kind of gas into a car to ensure that it runs well, the food you put in your body can be tailored to your needs to help you feel your best.

Let's start by identifying the foods to AVOID if you're suffering from inflammation:

—**Processed sugar**, also labeled as fructose or sucrose, are packed into favorite desserts such as pastries and chocolate bars, as well as sodas and fruit juices.

—**Food high in saturated fat**, such as pizza and cheese, as well as meat products, pasta dishes, full-fat dairy products and grain-based desserts can trigger adipose, or fat tissue inflammation.

—**MSG, or mono-sodium glutamate**, is present in fast foods, canned/processed soup mixes, salad dressing, Asian foods and soy sauce, as well as deli meats.

—**Excess Omega-6 Fatty acids**, not to be confused with omega-3 fatty acids, are found in oils such as “corn, safflower, sunflower, grape-seed, soy, peanut, and vegetable; mayonnaise; and many salad dressings,” according to the Arthritis Foundation.

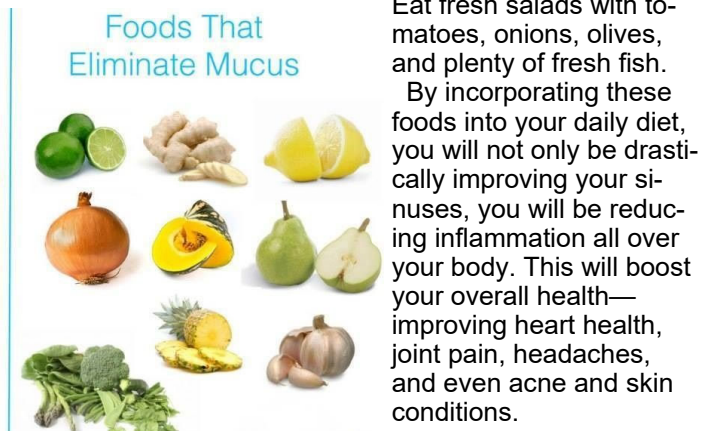
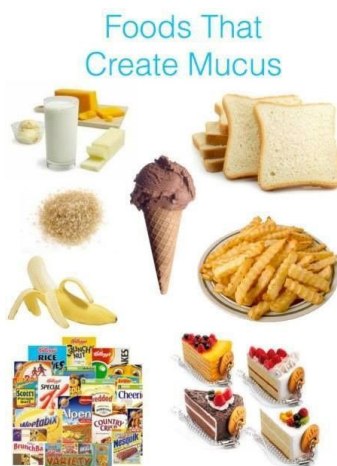
—**Gluten and Casein** can be found in foods like wheat, rye, barley, and dairy products.

—**Refined Carbohydrates**, such as instant mashed potatoes, and processed white flour products as well as cereals can be the culprits behind your inflammation.

So, what foods can reduce and prevent inflammation?

—**Fish** such as wild salmon, cod, and sardines are high in omega 3 fatty acids.

—**Tart cherries**. Did you know these little guys can reduce inflammation 10 times better than aspirin? They can also reduce your risk for heart disease.



—**Turmeric spice**, which is often used in Thai and Indian food, contains curcumin, which actively reduces inflammation.

—**Avocados** are high in omega 3 fatty acids and can reduce immune dysfunction.

—**Beans**, such as mung, pinto, and kidney are also high in omega 3 fatty acids.

—**Red bell peppers** are rich in Vitamin C and acts as an antioxidant.

—**Green vegetables** such as broccoli, asparagus, leafy greens, and bean sprouts contain high levels of Vitamin C and Calcium, helping to counteract histamine, “the substance that can contribute to inflammation, runny nose, sneezing, and other related symptoms.”

—**Citrus fruits** such as oranges, grapefruit, and berries are also high in Vitamin C.

—**Other fruits**—such as tomatoes, apples and pears are rich in Quercetin, a natural antihistamine.

—**Green tea** and drinking more fluids can help to alleviate any headaches that can result from dehydration caused by constant sneezing and blowing your nose.

—**Spices like ginger**, basil, and cayenne pepper are helpful in thinning mucus and held to simulate the sinuses and aid in air circulation. Ginger, chili peppers and black pepper contain (6)-Gingerol, a dietary polyphenol that has anti-inflammatory effects.

The common thread between all the foods on this list is that each contains antioxidants and/or omega 3s. A part of the world that naturally gravitates to an omega-3 rich diet is Greece. A Mediterranean diet is very high in antioxidants, and studies have shown that people in Greece have very few reported allergies. Think like the Greeks!

Eat fresh salads with tomatoes, onions, olives, and plenty of fresh fish.

By incorporating these foods into your daily diet, you will not only be drastically improving your sinuses, you will be reducing inflammation all over your body. This will boost your overall health—improving heart health, joint pain, headaches, and even acne and skin conditions.

You've probably heard that a bowl of homemade chicken noodle soup will help what ails you...well, there seems to be some truth to that!

If you don't have your grandma's old recipe or are just looking for something quick and easy, then try the recipe below using rotisserie chicken (or even canned—drained chicken).

It's quick, makes a decent amount and inhaling the broth will help open your sinuses! And you can freeze leftovers for later!

Quick Homemade Chicken Noodle Soup

- 1 Rotisserie Chicken (deboned and diced)
- Chicken broth or stock
- 1 medium onion (chopped)
- 2—4 celery sticks (chopped)
- 2—4 whole carrots (chopped)

Salt & Pepper to taste

Throw everything into a pot on the stove or a crockpot.

Cook until veggies are tender.



Sip or eat with oyster crackers.

Laman and Argenta Branch Libraries

Both branches close for New Year's Day, Tuesday, Jan. 1, and Martin Luther King Jr. Day, Monday, Jan. 20. Digital items are available through our website, lamanlibrary.org.

Author Book Talk & Signing - Local Author Mark Barr's *Watershed* introduces us to Nathan, an engineer hiding from his past, and Claire, a small-town housewife struggling to find her footing in the newly-electrified, job-hungry, post-Depression South. Mr. Barr discusses this new book at 6 p.m. Jan. 14 at our Argenta Branch.

Knitting for a Cause - Loom knit hats for The Van and those in need at 1 p.m. Jan. 4, 11, and 18 at the Main Branch. If you don't know how to knit, don't worry, all supplies are provided free, and we'll be happy to teach you.

Cooking Demonstrations & Nutrition Classes - Tastings plus tips for saving money provided at the Main Branch 5 to 6 p.m. Jan. 7, 14, & 21 and Feb. 4 & 11. Register and attend all five classes to earn a certificate from the Expanded Food & Nutrition Education Program.

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

Free Main Branch Computer Classes & Clubs - Take a closer look at films and podcasts with our new clubs. Meet and Greet are 6 to 7 p.m. for the Film Club Jan. 6 and 6 to 7 p.m. for the Podcast Club Jan. 27. **Girls Who Code** groups meet on Thursdays. Call the LINC Center at (501) 758-1720 for details on signing up your third- to twelfth-grader. **Computer Basics** are covered 11 a.m. to noon on Tuesdays and Fridays. Table Top Tuesdays feature old-school gaming from 5 to 6 p.m., and Retro Gaming is 5 to 6 p.m. Wednesdays, except Jan. 1.

Main Branch's Book Club - Open to all at 1 p.m. Jan. 7. This month's story is Yaa Gyasi's *Homegoing*.

Cyber Saturday - Main Branch LINC's all-age gaming is 9 a.m. to 4:30 p.m. Jan. 4 and 18. **Tournaments** start at 1 p.m. with **Mario Kart** on Jan. 4 and **Super Smash Bros.** on Jan. 18.

Free Movies - Relax with a Monday Movie at 1 p.m. at the Argenta Branch with **Aladdin Jan. 6** and **Rocketman Jan. 13**. Main Branch Children's hosts **Movie Marathons** all day Jan. 2 and 3. Main Branch LINC shows movies 6 to 7 p.m. on Thursdays. Teen **Movie Mondays** start at 4 p.m. Jan. 6, 13, and 27 in the Main Branch Teen Center.

Kids' Kitchen at Argenta Branch - Children are invited to read a story and make a snack at 10:30 a.m. and 4 p.m. on Jan. 21.

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

Argenta Branch Rock Painting - Kids paint one to take home or hide to spread good cheer throughout the community at 3:30 p.m. Jan. 7, 14, and 28.

Main Branch Teen Center - Classical Musical Chairs is 4 p.m. Jan. 14, Open Mic Night is 4 p.m. Jan. 16, DIY Slime is 4 p.m. Jan. 21, and Storytelling Camp is 4 p.m. Jan. 23.

Free Bingo Games - Everyone's a winner at 1 p.m. Jan. 10 at Argenta Branch and Jan. 21 at Main Branch.

Free Main Branch Fitness and DIY Classes - Register now for the Garden Craft: Edible Birdhouse Workshop at 1 p.m. Jan. 22, Dirty Pour Painting Class at 1 p.m. Jan. 25, Krafty Seniors: Confetti Bowls at 1 p.m. Jan. 28, and Recycle Craft: Tin Can Snowman at 1 p.m. Jan. 29. Registrations are accepted through our Calendar under the Events and Programs tab at lamanlibrary.org or at (501) 758-1720. In January, Main Branch offers **Adult Yoga** at 6 p.m. on Thursdays, and **Mixed Fit** is 11 a.m. on Saturdays. Meditation is 1 p.m. Thursdays, except Jan. 2.

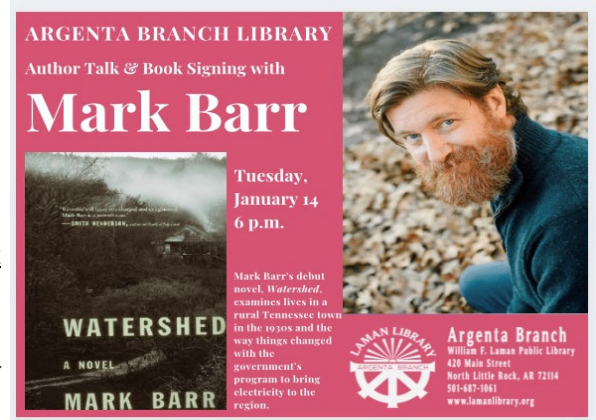
Argenta Branch Gallery & ArtWalk - Kimberly Kwee's *You Are Magical* mixed media exhibition continues with free admission in the gallery through Jan. 10. Join us for Argenta's ArtWalk, 5 to 8 p.m. Jan. 17.

Equal Heart - Free meals are provided for ages 1-18 at the Main Branch from 3:30 to 4:15 p.m. weekdays and 2 to 2:45 p.m. Saturdays, except Jan. 1 and 20, when the library is closed.

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

We have these January Birthdays:

JILL BRUN	8	ANITA DOLLAR	16
PEGGY MORRIS	26		
January Anniversaries			
ANITA DOLLAR	23 years	DARLENE CUNNINGHAM	11 years
MICHAEL CHURCH	4 years		



Toys For Tots Toy Drive

Special thanks to all North Little Rock City Employees and residents who participated in the City's Toys For Tots campaign led by Vehicle Maintenance Director Kenny Brock! Great job! And Merry Christmas! 9



**Peddlers Permit
City of North Little Rock**

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



EXAMPLE

Sex: Male
Eyes: Brown
Hair: Dun
Height: 15 hands
Employer: **Equine sunglasses**
Type of Goods Sold: **Sunglasses for horses**

City Clerk and Treasurer Diane Whitbey

By: **SAMPLE ONLY**
only valid with signature

Deputy City Clerk / Treasurer, Revenue

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

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

Reminder to residents:

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

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

North Little Rock History Commission



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

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

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

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

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

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

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

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

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

Currently, we have the following permitted door to door solicitor:

Melvin Jackson, Legalshield—expires 12-31-2019

Yates Phillips, Champion Restoration—expired 11-12-2019

All 2019 Business / Privilege Licenses will expire December 31, 2019.

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

Invoices for 2020 will be mailed December, 31, 2019.

Business owners have until **January 31, 2020** to renew.

****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
Steve Shields	

North Little Rock Curbside Recycling schedule for the month of January



Dec 30—Jan 4 no pickup
 Jan 6-10 recycle
Jan 13-17 no pickup
 *Jan 21—25 recycle
Jan 27-31 no pickup

January Anniversaries

<i>Name</i>	<i>Dept</i>	<i>Yrs</i>	<i>Name</i>	<i>Dept</i>	<i>Yrs</i>
BAXTER, CHARLEY	Admin	45	CHANCE, JOSHUA	Electric	2
HAYS, PATRICK	Admin	31	HODGES, WILLIAM	Electric	1
POWELL, MARGARET	Admin	23	ALLEN, STEVE	Fire	32
BRADLEY, DANNY	Admin	19	COLEMAN, MARK	Fire	32
HIGHT, CHARLES	Admin	19	MILLER, NORMAN	Fire	32
ROBINSON, LINDA	Admin	17	TACKETT, MARK	Fire	32
ROSS, DEBORAH	Admin	13	TACKETT, PERRY	Fire	32
TAYLOR, MAURICE	Admin	11	WITTENBURG, GORDON	Fire	32
WHITE, BETH	Admin	11	BRYAN, ROBERT	Fire	4
BAXTER, STEVEN	Admin	9	DAVIS JR, CHARLES	Fire	4
SCHOLL, JAN	Admin	9	ELMS JR, DOUGLAS	Fire	4
SMITH, JOE	Admin	7	FREE, ERICK	Fire	4
HARRIS, RON	Admin	3	GARRINGER, DONALD	Fire	4
BIRCH, ROBERT	Admin	2	HOLLEY, CHRISTOPHER	Fire	4
GINN, JANE	Admin	1	JONES, DAVID	Fire	4
BOWIE, TYLER	AIMM	3	KELLEY IV, ANDREW	Fire	4
GRISHAM, LYLE	AIMM	3	RAMSEY, TANNER	Fire	4
GRUMBINE, NEAL	AIMM	3	REID, JAMES	Fire	4
MATHIS, JOSEPH	AIMM	3	ROBINSON, DAVID	Fire	4
MILLER, MYNA	AIMM	3	TULL, CHARLES	Fire	4
ZONNER, GREGORY	AIMM	3	WELTER, DOUGLAS	Fire	4
SMITH, KATHERINE	AIMM	2	WILSON, CHRISTOPHER	Fire	4
TINDALL, JAMES	Animal Cont	8	GUAJARDO, BILLY	Fire	3
WHITBEY, DIANE	City Clerk/Treas	29	SMITH, SANDRA	History Comm	9
THORNTON, GARY	Code	7	COONEY, KENNEDY	HR	1
WEED, VICKI	Courts 1st	25	GRAY, GARY (Bud)	OES	30
MAY, MARGIE	Courts 2nd	17	HENDRIX, KUADRIKA	OES	4
DAVIS, KATHY	Courts 2nd	17	BURKS, CINDY	OES	1
GENTRY, BRENDA	Courts 2nd	5	OWEN, DESTINEE	OES	1
DAVIDSON, BRENDA	Electric	40	PLAUDIS, THOMAS	OES	1
KIMSEY, ZACHERY	Electric	8	HARTWICK, TERRY	Parks Admin	4
ALLEN IV, HARRY	Electric	8	MILLER, MURIEL	Parks Admin	1
KING, GABRIEL	Electric	6	CARSON, JONATHAN	Parks Fundland	3
MIDDLETON, JEREMY	Electric	3	JOSEPH, MARK	Parks Golf	12
BECK, ROBERT	Electric	3	EDEN, RICHARD	Parks Golf	2

Continued on last page...

January Birthdays

Name	Dept	Date	Name	Dept	Date
HALL, CHRIS	Fire	1	WOLFE, NATHAN	Fire	11
BOWMAN, MARY BETH	Commerce	1	NELSON, MICHAEL	Police	11
NANNEN, JOHN	Police	1	RONDINA, HANNAH	Parks Rec	11
HOGANSON, JOHN	AIMM	1	DEREUISSEAU, WALLACE	Fire	12
DIMATTEO, KAREN	Police	2	MOIX, HUNTER	Fire	12
SMITH, PAMELA	Parks Rec	2	HILL, JANET	Courts 1	12
BRADLEY, DANNY	Admin	3	DILLON JR, OKEY	Electric	13
NEWTON, TAMMY	OES	3	THOMAS, STEPHANIE	Finance	13
RAGLAND, MATTHEW	Electric	3	ROWLAND, MATTHEW	Street	13
HUNT, MATTHEW	Fire	3	LARRY, WILLIAM	Parks Maint	13
GIBBONS, MICHAEL	Police	3	PRICE, MATTHEW	Electric	14
THOMAS, MICHAEL	Police	3	EASON, WILLIAM	Street	15
VENTURA BARCENAS, ANAHI	Parks Rec	3	FREY, NICHOLAS	Fire	16
ERWIN, GARY	Airport	4	GANN, CHRIS	Police	16
HUNTER, JUDY	Electric	4	ROULSTON, JORDAN	Street	16
USSERY, KEVIN	Traffic	4	JOHNSON, LOGAN	Electric	17
O'DELL, CHARLES	Parks Maint	4	CERRATO, ALFRED	Fire	17
GUFFIN, JACKIE	Parks Rec	4	THORN, MARK	Fire	17
HENSON, REGINA	Parks Rec	4	MAY, MOLLY	Police	17
PEOPLES, ERNEST	Parks Rec	4	SODERLUND, MATTHEW	Police	17
TULL, CHARLES	Fire	5	UMHOLTZ, CRAIG	Police	17
MEADOWS, DONELL	Courts 1	5	MCCALL, KAREN	Parks Rec	17
EDWARDS, JAMES	Police	5	MURPHY, CLIFFORD	Parks Golf	17
ISBELL, PATRICK	Parks Maint	5	MCCURLEY, WILLIAM	IT	17
SIMS, BRADLEY	Police	6	MAYFIELD, MATTHEW	Fire	18
JONES, PATRICIA	Animal Contr	7	SANCHEZ, ROY	Fire	18
EDWARDS, LUCAS	Police	7	PETTY, LAURA	Code	18
CHASSELLS, AARON	Fire	8	BRIDGES, ERNEST	Admin	19
MURPHY, KAREN	Legal	9	SMITH, SANDRA	History Comm	19
BAXTER, STEVEN	Admin	10	COLEMAN, JERMAINE	HR	19
GARRETT, MICHAEL	Fire	10	COOKE, CARY	Police	19
RHOADS, LORETTA	Courts 1	10	MAYNARD, JAROD	Police	19
MESSER, RONALD	Police	10	ABEL, SHIRLEY	Neighbor Srv	19
WILLIAMS, RASHUNDA	Police	10	ABBOTT, RICHARD	Sanitation	19
SUMMONS, KENNY	Sanitation	10	JACKSON-SHELTON, GLADYS	Sanitation	19
BROWN, TELLISHA	Parks Rec	10			

Continued on last page...

January Anniversaries
Continued..

Name	Dept	Yrs
MITCHELL, RONNIE	Parks Maint	20
DEBUSK, WARREN	Parks Maint	11
JOHNSTON, JOHNNY	Parks Maint	5
DAVIS, TERRY	Parks Maint	4
KEELS SR, DONALD	Parks Rec	6
GUFFIN, JACKIE	Parks Rec	1
CASH, JARON	Parks Rec	1
SMITH, STEVEN	Police	32
KERR, DENA	Police	18
RAY, VINCENT	Police	15
HUEY, RHONDA	Police	13
SATTERFIELD, BRENDA	Police	12
GREEN, JOSEPH	Police	11
HUNTER, SHELBY	Police	11
ROBERTS, MARK	Police	10
THORNTON, VINCENT	Police	10
DALLAS, RAUL	Police	9
PEREZ, MARCUS	Police	8
GRAY, PHILIP	Police	7
THOMAS, MICHAEL	Police	7
LEWIS, ALLIE	Police	4
MCGOWAN, SEAN	Police	4
RATHEY, JHAILAN	Police	4
RODRIGUEZ, NICHOLAS	Police	4
DOLAN, CAROL	Police	4
CRAVEN, ROBYN	Police	1
KLAMM, MICHAEL	Public Works	6
HART, FELECIA	Purchasing	38
RUSSELL, SUSAN	Senior Center	17
FOWLER, CONSTANCE	Senior Center	13
GILMORE, VANESSA	Senior Center	3
ROSS, DALE	Senior Center	3
EASON, WILLIAM	Street	36
BROWN, ROBERT	Street	6
SEHIKA, JOHN	Street	6
BARNES JR, NAPOLEON	Street	4
CREWS, CHRISTOPHER	Vehicle Maint	2

January Birthdays
Continued

Name	Dept	Date
REEVES JR, PAUL	Street	19
ERVIN, MARY	Comm Dev	20
TUBBS, TANNER	Fire	20
COOPER, SAM	Police	20
CRAVEN, ROBYN	Police	20
THOMAS, MATTHEW	Police	20
KELLEY IV, ANDREW	Fire	21
COOPER, BEAU	Senior Center	21
WHITE, BETH	Admin	22
CLAYTON, ANTIGUDRA	OES	22
LOR, CHONG	Traffic	22
ARMSTRONG, HANNAH	Parks Funland	22
HOBBY, JEAN	Electric	23
MORGAN, SHEILA	OES	24
HOUSTON, JAMES	Electric	24
OWEN, DARREN	Electric	24
SMITH, STEVEN	Police	24
SWAFFORD, MICHAEL	Public Works	24
BUTLER, ROBERT	Sanitation	24
WALKER, HUNTER	Parks Golf	24
OWEN, DESTINEE	OES	25
RAEBURN, DANA	Electric	25
BARBER, TYLER	Police	25
CRAIG, REBA	Police	25
SIMS, CHAUNCEY	Police	25
CARROLL, SHANNON	City Clerk/Treas	26
WILKINS, JUDY	Courts 2	26
WILBERT, ERMA	Senior Center	26
WHITLEY, CHERYL	Electric	27
GAINES, GREGORY	Parks Rec	27
BENNETT, JEFFREY	Fire	28
GATES, JAMES	Public Works	28
HINSHAW II, MILTON	Electric	30
TILLMAN, KEANDRA	Parks Rec	30
BETTIS, RICKY	Electric	31
LOR, KIMBERLY	Electric	31
WILBON, KATRINA	Parks Rec	31
DELASHAW, JACOB	Parks Golf	31
WOODS, LATONIA	IT	31