

North Little Rock e-Newsletter

If you have information you would like to share with other city employees, residents and businesses throughout North Little Rock, let us know. The City Clerk's office provides a monthly *e-letter* to those who subscribe through the North Little Rock website. To sign up, email Dwhitbey@nlr.ar.gov.

Setting Goals for the New Year

Portions of this article were found at www.verywell.com/goal-setting

By Elizabeth Scott, MS

Every year, throngs of people choose a list of resolutions for the next year. Generally, these are habits they will try to do every day, or habits they will try to avoid for as long as possible. Unfortunately, many resolutions are forgotten by March. A major reason for this is that it's deceptively difficult to develop or deny ingrained habits 'cold turkey'.

While the effort to adopt a resolution shows a wonderful sense of positive intent, a better alternative is to develop new goals for the future.

Goals matter. Setting the right goals, having a plan to reach those goals, and following through on what is required to reach or maintain those goals, can make the difference between having a happy, fulfilled and less-stressed lifestyle, and not having one.

Goals can also be a source of stress, which is why many people forgo setting resolutions. It can be difficult to keep going after your goals if you don't reach them.

While people have many and varied goals, there is an almost universal and underlying goal to virtually all pursuits: the goal to be happy.

Look at your life...does your lifestyle make you happy?

Look at your attitude...do your thoughts make you happy?

Some of the things people focus on include: money, the perfect relationship, the perfect house, the beautiful body, the approval of others and so on.

When you set your goals, don't begin by expecting too much. Set goals that are attainable! Work your way into a new habit with baby steps. You will feel more successful every step of the way and be less likely to give up.

Reward your progress; for each small goal you reach, allow yourself to feel pride, and give yourself a small reward!

Enlist social support—tell supportive people in your life what you are attempting to achieve, and tell them of your success. This will give you added strength and will make it less appealing to give up (and have to explain why to others!)

Write down your goals and carry them with you. If your goal is to retire by a certain age, write it down and carry it in your wallet. Visit that goal daily. It will help you plan your route to retirement. If your goal is to pay off your bills and be debt free, write it down and carry it with you. Whenever you think about spending money on a frivolous item, pull out your note and remind yourself of your goal.

an **idea** is just a
DREAM until you
write it down...
THEN it's a
goal.

HAPPY NEW YEAR

2018

From the team at
North Little Rock City Hall

We hope you all have a happy
and joyful new year!

Joe, Julie, Glinda, Charlotte, Danny,
Margaret, Nathan, Jim B., Isaac, John,
Diane, Katelyn, Shelley, Talor, Becky T.,
and Shannon



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

North Rock
Animal Control
 more information call
501-791-8577

Cold Weather Pet Safety

Found at www.avma.org

You're probably aware of the risks posed by warm weather and leaving pets in hot cars, but did you know that cold weather also poses serious threats to your pets' health?

Here are some tips to keep your pets safe during the cold months:

Winter wellness: Has your pet had his/her preventive care exam (wellness exam) yet? Cold weather may worsen some medical conditions such as arthritis. Your pet should be examined by a veterinarian at least once a year. It's also a good time to have him/her checked out to make sure (s)he is ready and as healthy as possible for cold weather.



Know the limits: Just like people, pets' cold tolerance can vary from one to another based on their coat, body fat stores, activity level, and health. Be aware of your pet's tolerance for cold weather, and adjust accordingly. You will probably need to shorten your dog's walks in very cold weather to protect you both from weather-associated health risks. Arthritic and elderly pets may have more difficulty walking on snow and ice and may be more prone to slipping and falling. Long-haired or thick-coated dogs tend to be more cold-tolerant, but are still at risk in cold weather. Short-haired pets feel the cold faster because they have less protection, and short-legged pets may become cold

faster because their bellies and bodies are more likely to come into contact with snow-covered ground. Pets with diabetes, heart disease, kidney disease, or hormonal imbalances (such as Cushing's disease) may have a harder time regulating their body temperature, and may be more susceptible to problems from temperature extremes. The same goes for very young and very old pets. If you need help determining your pet's temperature limits, consult your veterinarian.

Provide choices: Just like you, pets prefer comfortable sleeping places and may change their location based on their need for more or less warmth. Give them some safe options to allow them to vary their sleeping place to adjust to their needs.

Stay inside: Cats and dogs should be kept inside during cold weather. It's a common belief that dogs and cats are more resistant than people to cold weather because of their fur, but it's untrue. Like people, cats and dogs are susceptible to frostbite and hypothermia and should be kept inside. Longer-haired and thick-coated breeds, such as huskies and other dogs bred for colder climates, are more tolerant of cold weather; but no pet should be left outside for long periods of time in below-freezing weather.

Make some noise: A warm vehicle engine can be an appealing heat source for outdoor and feral cats, but it's deadly. Check underneath your car, bang on the hood, and honk the horn BEFORE starting the engine to encourage feline hitchhikers to abandon their roost under the hood.

Check the paws: Check your dog's paws frequently for signs of cold-weather injury or damage, such as cracked paw pads or bleeding. During a walk, a sudden lameness may be due to an injury or may be due to ice accumulation between his/her toes. You may be able to reduce the chance of ice-ball accumulation by clipping the hair between your dogs toes.



Need a new addition to your family?
 Call
501-791-8577
 ...we've got the perfect companion for you!



Our shelter is full of dogs, cats, puppies and kittens in need of a forever home. Please consider adopting a shelter pet for your next pet.

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

Winter Driving Safety Tips

—found on the internet at www.pvfc2420.org/public-safety/

The best advice for driving in bad winter weather is not to drive at all, if you can avoid it. Don't go out until the snow plows and sanding trucks have had a chance to do their work, and allow yourself extra time to reach your destination. If you must drive in snowy conditions, make sure your car is prepared, and that you know how to handle road conditions. It's helpful to practice winter driving techniques in a snowy, open parking lot, so you're familiar with how your car handles. Consult your owner's manual for tips specific to your vehicle.



Driving safely on icy roads:

1. Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.
2. Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
3. Turn on your lights to increase your visibility to other motorists.
4. Keep your lights and windshield clean.
5. Use low gears to keep traction, especially on hills.
6. Don't use cruise control or overdrive on icy roads.
7. Be especially careful on bridges, overpasses and infrequently traveled roads, which will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.
8. Don't pass snow plows and sanding trucks. The drivers have limited visibility, and you're likely to find the road in front of them worse than the road behind.
9. Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.

If your rear wheels skid:

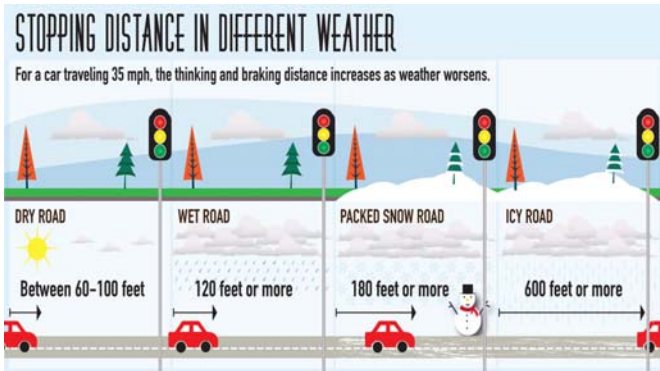
1. Take your foot off the accelerator.
2. Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.
3. If your rear wheel starts sliding the other way as you recover, ease the steering wheel towards that side. You might have to steer left and right a few times to get your vehicle completely under control.
4. If you have standard brakes, pump them gently.
5. If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulse—this is normal.

If your front wheels skid:

1. Take your foot off the gas and shift to neutral, but don't try to steer immediately.
2. As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "drive" or release the clutch, and accelerate gently.

If you get stuck:

1. Do not spin your wheels. This will only dig you in deeper.
2. Turn your wheels from side to side a few times to push snow out of the way.
3. Use a light touch on the gas to ease your car out.
4. Use a shovel to clear snow away from the wheels and the underside of the car.
5. Pour sand, kitty litter, gravel or salt in the path of the wheels, to help get traction.
6. Try rocking the vehicle. (Check your owner's manual first—it can damage the transmission on some vehicles.) Shift from forward to reverse and back again. Each time you're in gear, give a light touch on the gas until the vehicle gets going.



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—37 new members. 9,478 visits for the month. “Flavors from Around the World” class featured American Food. Carelink provided assistance to members with medication plans. The Community Concert Band held a concert at the center. Alzheimer’s Ark presentation “Mind Games”. Five Wishes / End of Life Decisions workshop was held. Members participated in a Flash Mob which was filmed by NLRHS East Lab students. Provided 12 trips: Altus, Historic Pillow House—Helena, A-Z Store—Alma, Blanchard Springs Tour—Blanchard Springs. Transported Public Senior Housing residents to medical appointments and grocery store. Hays Center volunteers logged 1,049 hours.

Electric Customer Service—Bad debt—\$12,272, New accts—1,031, Finaled accts—913. Customer calls—8,303. Direct contact: 1,814, inside teller payments: 7,336 Electric; 7,285 Gas/Water. Drive thru: 4,114 Electric; 4,433 Gas/Water. Online: 8,053.

Sanitation—Collected and disposed of 2,664.03 tons (5,328,060 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 188 loads; 5,121 cubic yards of mixed debris and green waste. Loose leaf crews collected 73 loads (2,465.18) cubic yards of mulched leaves. Picked up 274 tires. Serviced 121 recycling containers not serviced by Waste Management due to contamination.

Traffic Services—approved 77 barricade applications for permits. Repaired or replaced 170 signs and posts, marked 3 city vehicles with logo, 55 Arkansas One Call location requests.

Police—Crime numbers for October show increases and decreases in key areas. Property crime is down 4.5% overall but violent crime is up due to increases in robberies and aggravated assaults. Burglaries were down from last year. Vehicle thefts were up slightly. The main issue continues to be vehicles left unlocked with the keys either in the ignition or somewhere else within the vehicle. Residents are encouraged to ALWAYS lock their vehicles and not leave anything of value inside. January 15 (2018), planning Martin Luther King Day event at North Little Rock High School.

Fire—Total incidents—1,021
Total Unit Responses—1,980
Residential Fires—17
Other fires—0
Vehicle Fires—9
False Alarms/Malfunions—80

May the new year bring you
happiness, peace and love
Happy New Year
From the City of North Little Rock

Rescue/Emergency Medical—583
Mutual Aid—6
Hazardous Material Response—12
Structure Fire fatalities—0
Vehicle fire fatalities—0
Training hours—3,872
Total Building Surveys—150

Office of Emergency Services/911—

Total incoming calls: 14,369
Non-911 calls: 6,497
Wired 911: 852 Abandoned Wired 911: 117
Wireless 911: 6,097 Abandoned Wireless: 572
Total dispatch computer entries: 8,954

Planning—reviewed 1 new commercial project (\$490,000)—Chipmunks Taxidermy, 3 commercial remodel projects and issued 6 new single family residence permits (average \$293,656). Issued 5 Sign permits and 3 Banner permits. Inspectors completed 453 inspections and covered 3,623 miles: 174 Electric; 82 Building; 117 Plumbing; 80 HVAC. Department is working towards being able to accept certain permits on-line. Also working on map and statistics for Census 2020.

Electric Department—38,324 customers, Peak Power—121,077 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,049 (151 repaired), Security lights—4,215 (26 repaired), Smart meters—39,401, Revenue—\$6,421,597. 11/12/17 cause believed to be bad transformer at Pike and MacArthur. 1,023 customers without service for 2 hours.

Code Enforcement—86 assigned calls, 460 initiated calls, 40 citations, 216 violation notices, 74 vehicles tagged, 203 structures inspected, 27 rental inspections, 14 food service inspections, 1 search warrant, 3 houses demolished by city, 3 houses demolished by owner. Code Maintenance—92 assigned calls, 4 vacant lots cleaned, 4 lots with structures cleaned, secured 6 vacant houses, vacant lots mowed—0, lots with structures mowed—1.

North Little Rock Convention & Visitors Bureau—Visitors Information Center in Burns Park had 870 visitors in November. Downtown RV Park had 446 reservations/average stay 2.7 days. The Arkansas Inland Maritime Museum had 2,028 visitors, which included 1,031 individual tickets, 3 over night stays (60 kids), 6 group tours (181 students and adults) 1 birthday party (12 kids) and NLRHS Class of 1965 (5, including retired Mayor Patrick Henry Hays).

Continued page 5

North Little Rock Animal Control

Incoming animals—100/YTD-1,880
 Adoptions—39/YTD-617
 Reclaimed—18/YTD-263
 Euthanized—64/YTD-949
 Citations issued—23/YTD-343
 Dogs/cats sterilized—47/YTD-617
 Calls for service—439/YTD-7,006
Pulaski County (accepted at NLR)
 Incoming Animals—96/YTD-1,114
 Adopted—16/YTD-215
 Reclaimed—8/YTD-64
 Euthanized—58/YTD-778

YTD=Year to date

No adoptable animals** were euthanized for space—something we hope will continue! ****Non-adoptable animals are those that are sick, injured, unweaned (puppies and kittens), vicious, court ordered or by owner request.****

32 illegal pit bulls were impounded.

Reminder! Please consider adopting from a shelter! Shelter pets make great additions to any family! And **PLEASE spay or neuter your pets!**

Finance—November

Revenues (MTD)

Taxes	\$3,080,550.86
Licenses/Permits	\$ 90,077.63
Fines/Forfeitures	\$ 123,159.48
Local Option Sales Tax	\$2,154,912.11
Intergovernmental-State	\$ 0.00
Franchises	\$ 116,332.07

Investment/Misc	\$ 72,447.01
User Fees	\$ 187,516.92
Utility Transfer	\$ 64,052.14
Grants & Other	\$ 178,033.27
Transfer from Electric	\$1,846,160.00
Total Revenue:	\$7,913,241.49

Expenditures

Administration	\$ 107,249.40
Animal Shelter	\$ 50,421.94
Special Appropriations	\$ 161,961.02
City Clerk	\$ 30,704.08
Emergency Services	\$ 159,089.62
Finance	\$ 68,711.75
Fire	\$1,731,069.66
Health	\$ 50,331.50
Legal	\$ 70,779.43
1st Court	\$ 44,203.35
2nd Court	\$ 50,339.50
Public Defender	\$ 811.65
Human Resources	\$ 50,384.80
Commerce	\$ 22,096.58
Planning	\$ 66,678.53
Police	\$1,796,632.89
Code Enforcement	\$ 82,069.48
Public Works	\$ 92,754.07
Neighborhood Services	\$ 18,169.44
Sanitation	\$ 334,671.20
Vehicle Maintenance	\$ (9,757.68)
Senior Citizens Center	\$ 72,723.59
Communications	\$ 7,659.35
Fit 2 Live	\$ 6,224.19
Total Expenditures:	\$5,065,979.34

North Little Rock

Laman Library Happenings...

In case you didn't know, our Library offers a whole slew of things to do to keep you and your family busy! The library provides free suppers for children M-T 5-6pm and F 3:30-4:30pm at the Main Branch in the Children's area.

Teen's can watch Terrible and Cringe-Worthy Movies all day Jan 2 at the Main Branch Teen Center.

Preschool Storytime opportunities are available several days a week. Call for dates and times.

Baby Storytime begins Jan 3 at 10:30am, also at the Main Branch.

Laman Library also offers free Meditation Classes—call to register in advance.



- Free yoga classes.
- Free Mixxed Fit Classes.
- Free Computer Classes.
- Free Legal Clinic Jan 13 at 9am.
- Free Garden Craft Jan 17 at 1pm.
- At the Argenta Branch, Kids can race remote control cars.
- Take a Teen Braille Reading Class (ages 12—18) Jan 12—Bingo! at 1pm—everyone's a winner!
- Beginning Jan 17 Wacky Wednesday Craft at 3:30pm.
- Tail-Waggin' Tutors—kids practice their reading skills with most-patient, doggie tutors, Jan 19 at 4pm.



Douglas Alvin "Doug" Thurmond, 53 of Quitman suddenly went home to be with the lord on the morning of December 27, 2017.

Doug never met a stranger, and he could recall a name at a moment's notice. Doug worked as a lineman for close to 25 years.

He is survived by his wife of 30 years, Lisa and son, Michael, and the many friends he made throughout his life.

Doug's coworkers at the North Little Rock Electric department are deeply saddened by the tragic accident last month that took his life. Doug was a Journeyman Lineman who had been with the department over 17 years. He worked the night shift.

Urban Forestry— Tree care before and after winter storms keeps canopy flourishing

By Alison Litchy—Urban Forestry Partnership Coordinator,
Arkansas Forestry Commission

*Found in City & Town, a publication of the
Arkansas Municipal League—December 2017, Vol. 73, No. 12*

Bitter winds and blustery weather tend to keep us inside. Our trees are adapted to many weather conditions. What maintenance should be done during the winter season for trees?

After an ice storm, trees are saggy with heavy limbs covered in ice. It is quite tempting to go outside and knock the ice off the trees. However, there are several factors to consider before any action is taken. First, is the tree or limb touching or near a power line? If so, contact the local utility company. Second, does a part of the tree need to be removed or is it blocking a right of way? Do not attempt to work around limbs that have been broken or partially broken and are under the additional weight of the ice. This increases the safety risk. Damaged limbs can fall at any point.



In most cases it is best to let nature take its course. Be gentle—you can do more harm than good knocking the ice off the limbs. Entire branches can be broken off if you attempt to do it with the ice still on the tree. There is no hurry. Do not risk anyone's safety when doing yard work. Clean up can be done later, when the ice is gone and it is safer to work. When maintenance crews do prune broken trees, a clean cut in the proper location is best.

Some species react to winter storm events better than others. Trees with brittle wood, poor branching angles, or included bark are at an increased chance for failure. Examples of trees that are prone to this are Bradford

pear, Japanese zelkova, lacebark elm, silver maples, and birches. Trees are often planted due to the speed with which they grow, but there is a trade-off. Typically the faster the tree grows, the weaker the wood and branch angles are.

Large limbs or entire trees over urban areas can be a potential hazard. Proper pruning before the event is a great way to help reduce the chances of tree failure during a winter event. Consider the health of the tree prior to investing money into restoration pruning after an event.

Some repairs can be done without the assistance of an arborist, while others will require professional help. Small limbs within reach are easily trimmed with a pole saw or toppers. Broken limbs should be removed back to the next major adjacent branch. Do not leave branch stubs or flush cuts. Stubs and flush cuts can lead to rot and decay. Larger limbs will require the three cut method. For proper pruning techniques, please visit www.arborday.org/trees/tips/keys-to-pruning.cfm.

Treatment of the wound is not necessary. This can lead to increased rot and decay as the paint or treatment traps water inside, promoting rot. Only prune what can be done safely. If in doubt, hire an arborist. Leave all hanging limbs or broken limbs to a professional.

When hiring an arborist after a large storm event it is important to check their credentials at pnwisa.org/hire-an-arborist/isa-certified-arborist-directory. Also check to make sure they have insurance. Feel free to ask for a reference. See other trees they have trimmed in the past as well. Beware of “fly by night” tree service companies that come in after an event and don't have skills, knowledge, or insurance.

Depending on the storm the tree may need restoration pruning. This is a pruning technique used when trees have been damaged in a storm or by misguided pruning efforts. Restoring a tree to its natural structure can require several pruning's over many years. Removing too much of the crown at one time, especially on a tree that has just been severely damaged, will remove the resources such as water and nutrients that the tree needs to survive. After the event, the tree will have many new shoots and over time those new shoots need to be removed and a new leader selected.

Always remember, safety first. Check for certifications and insurance when hiring a professional. For any further questions feel free to ask an Arkansas Forestry Commission representative or your local extension service agent.

To contact Alison Litchy, call 501-580-9609 or email Alison.litchy@arkansas.gov.

Make Your Home a NO-FREEZE Zone

Tips from Central AR Water

Leave a faucet running—when temperatures are predicted to stay below freezing, leave a very thin stream of water running continuously from at least one tap in your home or business.

Open doors below sinks—if a sink is located against an outside wall, open the vanity or cabinet doors to allow warm air in.

Safety first—never thaw a frozen pipe with an open flame. Instead, use a hair dryer, heat tape or light bulb.

Hot Water Heater Precaution—if you have an emergency and need to turn off the water supply to your home or building, be sure to turn off the electric breaker to your hot water heater to prevent damage to the unit.

Eliminate drafts—keep basement and garage doors and windows tightly closed all winter. Make sure to close crawl space vents and doors, and seal cracks in the walls of your basement or crawl space.

Your Health...Pneumonia or just a cold?

By Nikkhil K. Meena, M.D.

Found in City & Town, a publication of the Arkansas Municipal League—December 2017, Vol. 73, No. 12

Are you experiencing fever?

Chills? Shortness of breath? Sharp chest pain, especially with deep breathing or coughing? If so, what you think may be a run-of-the-mill cold could in fact be pneumonia.

Pneumonia occurs when air sacs in your lung become filled with fluid. This fluid can either be pus or debris from the lung. Air sacs move oxygen into blood vessels as you breathe, but when you have pneumonia, they're unable to fill with air because of pus or debris, which causes shortness of breath, one of the most common symptoms of pneumonia.

This type of infection is quite prevalent in the United States. According to the American Thoracic Society, pneumonia is the no. 1 reason for hospitalizations of children and is the most common cause for adults to be admitted to the hospital, other than childbirth.

There are many types of pneumonia, but the most common forms are bacterial and viral. The most common cause of bacterial pneumonia is strep, but can also occur as a result of staph infection. Smoking and prior lung disease both increase the risk of getting pneumonia. Viral pneumonia is caused by a host of viruses, including the flu, bronchitis, and chickenpox.

Left untreated, pneumonia can cause respiratory failure, sepsis and ultimately death, which makes it important to know the signs and symptoms so you can seek treatment immediately. Here are some tips to remember.

Don't I just have a cold?

One of the best ways to tell you might have pneumonia instead of a cold is if you have a fever, one of the most common symptoms of pneumonia. Also, with a cold, you might have a generalized body ache, but pneumonia usually comes with discomfort or pain in the chest.

Other common pneumonia symptoms include coughing up blood or mucus, shortness of breath, nausea, extreme fatigue, and the chills. If you're experiencing these symptoms, it's important to seek medical treatment.

For bacterial pneumonia, your doctor will most likely prescribe an antibiotic. To speed up recovery, you need to get lots of rest and drink lots of fluid. If you have fever or a cough, talk to your doctor about separate medications for those symptoms.

Antibiotics are ineffective in treating viral pneumonia. In this case, plenty of rest and fluids as well as regular monitoring by your physician are key. He or she may also prescribe medicine to fight against the virus that caused the pneumonia. This is particularly true for the flu.

You should seek treatment quickly in any instance.

Should I get the pneumonia vaccine?

There are two pneumonia vaccines with U.S. Food and Drug Administration approval. These vaccines do not prevent all forms of pneumonia, but have been proven to

lower your chances of contracting the disease.

Because most pneumonia cases are among young children and older adults, the Centers for Disease Control and Prevention (CDC) recommends all babies and children younger than two and adults 65 or older receive the pneumococcal conjugate vaccine (PCV13). People aged 2-64 also are advised to receive the vaccine if they are at increased risk because of a chronic illness, weakened immune system, or smoking.

For the pneumococcal polysaccharide vaccine (PPSV23), the CDC recommends the vaccine for adults over 65, adults aged 19-64 who smoke, and people ages 2-64 at an increased risk because of a weakened immune system.

There are certain instances when the vaccine would not be right for you—pregnancy, a severe allergy or history of allergic reactions to the vaccine—so consult your physician.

Following these steps and advise could help you avoid contracting the infection or speed up your recovery time. *Nikhil K. Meena, M.C., is Assistant Professor, Department of Internal Medicine, College of Medicine, University of Arkansas for Medical Sciences.*

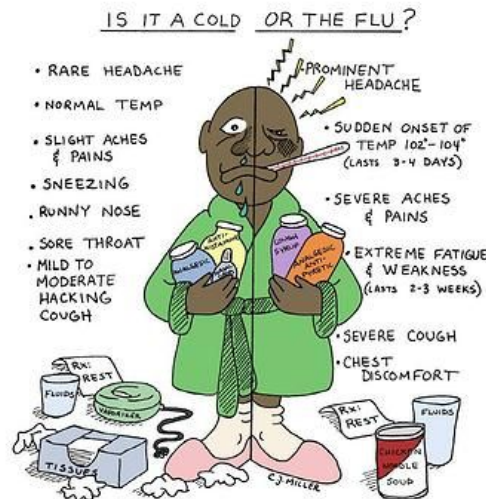
So this brings up the question, "Is pneumonia contagious?"

The most simple answer (found at www.fastmed.com) to the question "is pneumonia infectious?" is no. Pneumonia, in itself, is not contagious, but the germs that cause it often are. Germs and viruses that cause the flu, common cold, or bacterial infections are contagious and can lead to pneumonia.

Prevent pneumonia and the spread of other contagious infections by:

- Avoid contact with people who have a virus or bacterial infection (ie. a cold or the flu).
- Washing your hands frequently.
- Not smoking. Smoking weakens your lungs making you more susceptible to infection.
- Strengthening your immune system by maintaining a healthy diet, exercising, and getting enough rest.

Pneumonia is one of the most common infections in the US and is most often easily treated.



Ugly Christmas Sweater Contest—2017

Several City of North Little Rock employees wore their “Ugly” Christmas Sweaters to work in December. Below are those who would like to be considered for a prize!

Some of the entries were homemade! Some were store-bought. Now is your chance to help select the winner!

To vote, email Dwhitbey@nlr.ar.gov by January 5, 2018. Include the name of the sweater wearer.



Vicki Weed



Chereon Camp



Janice Jensen



R'cell Kerr



Shep



Linda Williams



Kandace Sanders



Deb Middleton



Janet Hill



Danieka Hernandez



Jenifer Holland



Kristin Schultz, Gabby King, Linda Williams, Cheryl Whitley, and Christine Ferry



Shelley Ussery,
Tabor McPherson,
Diane Whitbey,
and Shannon Carroll



Nominate your favorite Senior Citizen!

The North Little Rock Senior Citizens Commission is currently accepting nominations for the 2018 inductee to the Senior Citizens Hall of Fame. This honor is bestowed biennially to an individual who has made significant contributions to senior citizens of North Little Rock, in the areas of health, welfare, and/or activities for seniors.

Any person 55 years of age or older who is a resident or former resident of the city is eligible for consideration. Nominations may be made for deceased persons, as well.

Consideration for inclusion in the Hall of Fame will be made for contributions in areas including but not limited to the following:

- A. Volunteers in public service
- B. Volunteers in hospitals or related institutions
- C. Volunteers in housing, meals on wheels, etc.
- D. Activities for Senior Citizens (dances, activity centers)
- E. Involvement in respite care, health clinics, transportation, etc.
- F. Being an example to other seniors for service to others.

Letters of support from three different people must be attached.

Employment in services to senior citizens will not preclude consideration for election to the Hall of Fame.

The nomination form is available online on the Hays Center's website at www.nlr.ar.gov/hayscenter, or in person at the Hays Center, 401 West Pershing Boulevard, North Little Rock, Arkansas, 72114. Monday-Friday, 8:00 a.m.—4:00 p.m.

The deadline is Friday, January 12, 2018, at 4:00 p.m.

For more information, call 501-975-4297.

Closings for the upcoming holidays

North Little Rock City Offices will be **closed** Monday, **January 1**, in observance of New Year's Day.

Garbage and trash routes will run one-day delayed all week.

Offices will also be closed Monday, **January 15, 2018**, in observance of Dr. Martin Luther King Jr. Birthday.

However, there will be no delay in garbage and trash pickup.



**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: 1/2/18
Expires: 3/31/18



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

City Clerk and Treasurer Diane Whitbey
By: **SAMPLE ONLY**
only valid with signature

Deputy City Clerk / Treasurer, Revenue

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

Answer: Yes. Anyone going door to door in the North Little Rock City Limits is required to have a peddlers permit issued by the City Clerk's Office.

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.

Leaf Vacuums!

Are back on the streets. For locations, please call 501-371-8340 or visit our website at www.nlr.ar.gov, then click on the Government Tab, then scroll down the A-Z Department List to Sanitation and look for the Leaf Vacuum status.

If you don't want to wait, bag your leaves and they will be picked up weekly with your yard waste.



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.

As of January 1, 2018, all door to door peddlers licenses have expired in the city of North Little Rock.

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.

North Little Rock City Council Schedule

The North Little Rock City Council meets the 2nd and 4th Monday of each month at **6:00 p.m.** in the City Council Chambers in City Hall (300 Main Street, North Little Rock).

For more information, please contact the City Clerk's Office at 501-975-8617 or email Diane Whitbey at Dwhitbey@nlr.ar.gov.

The City Council Agenda can be found at www.nlr.ar.gov, then click on the Government tab, followed by Council Agenda.

City Offices located at 120 Main

IS/Data Processing, Kathy Stephens	975-8820
Finance, Karen Scott	975-8802
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Shawn Spencer	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, Terrell Milton	975-8888

City Council Members

Ward 1	Debi Ross Beth White	753-0733 758-2738
Ward 2	Linda Robinson Maurice Taylor	945-8820 690-6444
Ward 3	Steve Baxter Ron Harris	804-0928 758-2877
Ward 4	Murry Witcher Charlie Hight	835-0009 758-8396

Utility Payment Assistance and Other Numbers

Central AR Development Council.....	501-603-0909
Little Rock Catholic Charities...	501-664-0640 ext 459
Saint Francis House.....	501-664-5036
Watershed.....	501-378-0176
Helping Hand of Arkansas.....	501-372-4388
River City Ministries.....	501-376-6694
Arkansas Metro.....	501-420-3824
Arkansas Food Bank.....	501-565-8121
American Red Cross.....	501-748-1021
Salvation Army.....	501-374-9296

Other Elected Officials

Mayor Joe A. Smith	975-8601
City Clerk/Treasurer Diane Whitbey	975-8617
City Attorney Amy Fields	975-3755
District Court Judge Randy Morley	791-8562
District Court Judge Paula Juels Jones	791-8559

Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Communications.....	501-975-8833
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Fit 2 Live.....	501-975-8777
Isaac Henry	
Special Projects.....	501-975-3737
Jim Billings	

North Little Rock Curbside Recycling
schedule for the month of January

Jan 1-5 NO

Jan 8 –12 Recycle

Jan 15-19 NO

Jan 22—26 Recycle

Jan 29-Feb 2 NO



January Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>
HALL, CHRIS	Fire	1	CERRATO, ALFRED	Fire	17
BOWMAN, MARY BETH	Commerce	1	THORN, MARK	Fire	17
NANNEN, JOHN	Police	1	SODERLUND, MATTHEW	Police	17
HENDERSON, REBECCA	Legal	2	UMHOLTZ, CRAIG	Police	17
DIMATTEO, KAREN	Police	2	SANCHEZ, ROY	Fire	18
SMITH, PAMELA	Parks & Rec	2	MAYFIELD, MATTHEW	Fire	18
BRADLEY, DANNY	Administration	3	PETTY, LAURA	Code	18
NEWTON, TAMMY	OES	3	JACKSON-SHELTON, GLADYS	Finance	19
RAGLAND, MATTHEW	Electric	3	SMITH, SANDRA	History Comm	19
HUNT, MATTHEW	Fire	3	COOKE, CARY	Police	19
GIBBONS, MICHAEL	Police	3	MAYNARD, JAROD	Police	19
THOMAS, MICHAEL	Police	3	ABEL, SHIRLEY	Neighbor Ser	19
ERWIN, GARY	Airport	4	ABBOTT, RICHARD	Sanitation	19
HUNTER, JUDY	Electric	4	REEVES JR, PAUL	Street	19
USSERY, KEVIN	Traffic	4	ERVIN, MARY	Comm Dev	20
O'DELL, CHARLES	Parks Maint	4	TUBBS, TANNER	Fire	20
HENSON, REGINA	Parks & Rec	4	THOMAS, MATTHEW	Police	20
PEOPLES, ERNEST	Parks & Rec	4	KELLEY IV, ANDREW	Fire	21
TULL, CHARLES	Fire	5	TREECE, BRENT	Fire	21
MEADOWS, DONELL	First Court	5	CLAYTON, ANTIGUDRA	OES	22
EDWARDS, JAMES	Police	5	OSBORNE, STEVEN	OES	22
ISBELL, PATRICK	Parks Maint	5	LOR, CHONG	Traffic	22
SIMS, BRADLEY	Police	6	HOBBY, JEAN	Electric	23
CHEATHAM, ERIC	Police	6	HICKS, SHEILA	OES	24
SPILLMAN, JORDAN	Police	6	OWEN, DARREN	Electric	24
JONES, PATRICIA	Animal Shelter	7	HOUSTON, JAMES	Electric	24
CHASSELLS, AARON	Fire	8	SMITH, STEVEN	Police	24
GARRETT, MICHAEL	Fire	10	GRANT, TYLER	Police	24
RHOADS, LORETTA	First Court	10	SWAFFORD, MICHAEL	Public Works	24
MESSER, RONALD	Police	10	BUTLER, ROBERT	Sanitation	24
WILLIAMS, RASHUNDA	Police	10	RAEBURN, DANA	Electric	25
SUMMONS, KENNY	Sanitation	10	CRAIG, REBA	Police	25
WOLFE, NATHAN	Fire	11	SIMS, CHAUNCEY	Police	25
NELSON, MICHAEL	Police	11	BARBER, TYLER	Police	25
DEREUISSEAU, WALLACE	Fire	12	CARROLL, SHANNON	City Clerk	26
MOIX, HUNTER	Fire	12	BRYSON, ROBERT	Electric	26
HILL, JANET	First Court	12	WILKINS, JUDY	Second Court	26
DILLON JR, OKEY	Electric	13	WHITLEY, CHERYL	Electric	27
THOMAS, STEPHANIE	Finance	13	GAINES, GREGORY	Parks & Rec	27
ROWLAND, MATTHEW	Street	13	BENNETT, JEFFREY	Fire	28
PRICE, MATTHEW	Electric	14	HINSHAW II, MILTON	Electric	30
EASON, WILLIAM	Street	15	GLENN, TERRY	Street	30
FREY, NICHOLAS	Fire	16	BETTIS, RICKY	Electric	31
GANN, CHRIS	Police	16	LOR, KIMBERLY	Electric	31
ROULSTON, JORDAN	Street	16	WOODS, LATONIA	UAD	31
MCPHAIL, ROY	Electric	17	WILBON, KATRINA	Parks & Rec	31

January Anniversaries

<i>Name</i>	<i>Dept</i>	<i># Yrs</i>	<i>Name</i>	<i>Ept</i>	<i># Yrs</i>
SMITH, JOE	MAYOR	28	SMITH, SANDRA	History Comm	7
BRADLEY, DANNY	Admin	17	HARTWICK, TERRY	Parks Admin	2
POWELL, MARGARET	Admin	21	JOSEPH, MARK	Parks Golf	10
ZONNER, GREGORY	AIMM	1	DAVIS, TERRY	Parks Maint	2
MILLER, MYNA	AIMM	1	DEBUSK, WARREN	Parks Maint	9
TINDALL, JAMES	Animal Shelter	6	JOHNSTON, JOHNNY	Parks Maint	3
WHITBEY, DIANE	City Clerk	28	MITCHELL, RONNIE	Parks Maint	18
THORNTON, GARY	Code	5	BAUGH, DARREN	Police	2
HART, FELECIA	Commerce	36	BOWEN, MICHAEL	Police	2
HAMILTON, NATHAN	Communications	7	DALLAS, RAUL	Police	7
ALLEN IV, HARRY	Electric	6	DOLAN, CAROL	Police	2
BECK, ROBERT	Electric	1	GRAY, PHILIP	Police	5
DAVIDSON, BRENDA	Electric	38	GREEN, JOSEPH	Police	9
KIMSEY, ZACHERY	Electric	6	HUEY, RHONDA	Police	11
KING, GABRIEL	Electric	4	HUNTER, SHELBY	Police	9
MIDDLETON, JEREMY	Electric	1	KERR, DENA	Police	16
DENTON, MARY	OES	14	LEWIS, ALLIE	Police	2
GRAY, GARY	OES	28	MCGOWAN, SEAN	Police	2
HENDRIX, KUADRIKA	OES	2	PEREZ, MARCUS	Police	6
ALLEN, STEVE	Fire	30	RATHEY, JHAILAN	Police	2
BRYAN, ROBERT	Fire	2	RAY, VINCENT	Police	13
COLEMAN, MARK	Fire	30	ROBERTS, MARK	Police	8
DAVIS JR, CHARLES	Fire	2	RODRIGUEZ, NICHOLAS	Police	2
ELMS JR, DOUGLAS	Fire	2	ROEBUCK, MATTHEW	Police	13
FREE, ERICK	Fire	2	SANDERS, KANDACE	Police	9
GARRINGER, DONALD	Fire	2	SATTERFIELD, BRENDA	Police	10
GUAJARDO, BILLY	Fire	1	SCOTT, JOHN	Police	8
HIGHTOWER, LAURA	Fire	2	SMITH, STEVEN	Police	30
HOLLEY, CHRISTOPHER	Fire	2	THOMAS, MICHAEL	Police	5
JOHNSON, DAMEON	Fire	2	THORNTON, VINCENT	Police	8
JOHNSON, ZACHARY	Fire	1	TUCKER JR, THAYER	Police	2
JONES, DAVID	Fire	2	TYREE JR, EUGENE	Police	37
KELLEY IV, ANDREW	Fire	2	KLAMM, MICHAEL	Public Works	4
MILLER, NORMAN	Fire	30	DAVIS, KATHY	Second Court	15
RAMSEY, TANNER	Fire	2	GENTRY, BRENDA	Second Court	3
REID, JAMES	Fire	2	MAY, MARGIE	Second Court	15
ROBINSON, DAVID	Fire	2	FOWLER, CONSTANCE	Senior Center	11
TACKETT, MARK	Fire	30	ROSS, DALE	Senior Center	1
TACKETT, PERRY	Fire	30	RUSSELL, SUSAN	Senior Center	15
TULL, CHARLES	Fire	2	BARNES JR, NAPOLEON	Street	2
WELTER, DOUGLAS	Fire	2	BROWN, ROBERT	Street	4
WILSON, CHRISTOPHER	Fire	2	EASON, WILLIAM	Street	34
WITTENBURG, GORDON	Fire	30	SEHIKA, JOHN	Street	4
WEED, VICKI	First Court	23			

Recipes from our Pot Luck!

Joe's Brisket - Mayor Joe A. Smith

Place Brisket in heavy duty aluminum foil container. Pour a bottle of liquid smoke over the brisket. Then season heavily with Lawry's Seasoned Pepper.

Note: You will want to cook fat side up.

Wrap three times in foil.

Place the aluminum container on a cookie sheet in case of leakage.

Cook in the oven at 250° for 7 hours. Cool and slice.

Tender and delicious!



Mr. B's Bacon Wrapped Weenies - Jim Billings

Applewood bacon

Little Smokies or Cocktail Weenies

brown sugar

Cut bacon into thirds. Take a weenie, wrap it in bacon and stab it with a toothpick. Then place on a lightly greased cookie sheet (I used a sheet of aluminum foil to keep my cookie sheets looking awesome). Repeat steps until all of the bacon is used up or the weenies are gone. Sprinkle with brown sugar and cook in 350° pre-heated oven. This recipe called for 45 minutes, but I checked mine every 20, then every ten. At about 40 minutes, remove from oven and lightly sprinkle with more brown sugar, then return to oven for 5 minutes.

Talor's Crockpot Loaded Mash - Talor McPherson

5 lb potatoes (peeled and cut in 1" pieces)

1 cup chicken broth

1 tsp garlic powder

1 tsp onion powder

1/2 stick butter

1/2 cup sour cream

4 oz cream cheese

Salt and pepper to taste

8—16 oz bacon (cooked and crumbled)

2 cups shredded cheddar cheese

1/3 cup green onions chopped

Place potatoes in crock pot and top with broth, garlic powder, and onion powder. Cook covered on LOW 6-7 hours (or HIGH 3-4 hours).

Remove cover and add butter and mash until desired consistency is reached (if the potatoes look dry you can add a little milk).

Stir in sour cream, cream cheese, most of the bacon and green onions and 1 1/2 cup cheese. Add salt and pepper as needed. Top with remaining bacon, cheese and green onions.



Betty Anderson's Candy—Glinda Craigmyle

1 pkg Chocolate almond bark

1 12 oz pkg semisweet chocolate morsels

1 jar unsalted peanuts (Kroger brand preferred, Planters are too oily)

1 pkg KRAFT Caramel balls (found in the baking aisle) (*note: these are little balls about the size of a pea. Not morsels or the square candies. Only place found was Walmart. Kroger in Maumelle doesn't carry them.*)

In microwave, in a large glass bowl, melt together Chocolate bark and chocolate morsels. Stir often to avoid burning. When smooth, stir in peanuts. Mix well.

Cool for about 4-5 minutes then stir in caramel balls. Stir until melted. Mix well.

Drop onto wax paper and let cool until chocolate has set.

Shannon's Sourdough—Shannon Carroll

Made in a Breadmaker

10 ounces sourdough starter
5 to 6 ounces warm water
1 3/4 tsp salt
4 cups bread flour
3 Tbsp sugar
2 tsp active dry yeast

Measure all ingredients into bread pan. Select Basic setting. Select crust setting if other than medium. Press Start/Stop to begin. When unit signals and the display reads 0:00, press Start/Stop and remove bread!



Sourdough Starter

2 1/4 tsp active dry yeast
16 oz warm water
2 cups all-purpose flour

In a 2 or 3 quart glass bowl, using a wooden or nylon spoon, mix yeast and warm water, let stand 10 minutes. Add flour; mix until thick batter forms. Batter need not be smooth. Cover loosely with cheesecloth, lightweight

kitchen towel or plastic wrap; let stand in warm place for 24 hours. Stir; cover loosely. Place starter in a warm place for 2 to 3 days or until it bubbles and smells sour; stir once a day. Cover loosely with plastic wrap or plastic cover; refrigerate.

To replenish starter. After using a portion of starter, replenish with equal amounts of flour and warm water. For example, if 10 ounces (1 1/4 cups) of starter were removed to make bread, replenish remaining starter with 10 ounces (1 1/4 cups) warm water and 10 ounces (1 1/4 cups) flour. Stir well to blend, cover and let stand in warm place until bubbly, 3 to 5 hours. Store starter in loosely covered glass container in refrigerator. If not used at the end of one week, remove 1 cup starter and discard; then replenish with equal amounts of flour and warm water as instructed above.

Hints for successful Sourdough Baking

1. Always make starter in a glass container. Never store in metal containers or use metal utensils. The starter will react to the metal.
2. All ingredients, including starter, should be at room temperature (70-80°F/21-27°C). Cold ingredients slow down the activity.
3. When removing starter, always replenish it. Let stand at room temperature for 3 to 5 hours, until mixture bubbles. Cover and refrigerate.
4. If starter separates (liquid forms on surface), stir until blended before using.
5. If the liquid that forms on surface or starter turns pink in color at any time, discard the starter and start over with fresh ingredients.
6. Sourdough bread made in an automatic bread maker requires the addition of yeast. The starter's strength and the rising times in the bread maker are not long enough to allow property rising without it.

Lemon Bars—Shannon Carroll

Base:

2 cups sifted flour
1/2 cup powdered sugar
1 cup butter

Top:

4 large beaten eggs
2 cups white sugar
1/3 cup lemon juice
1/4 cup flour
1/2 tsp baking powder
1/2 tsp fresh lemon rind (optional)

For the base, mix butter into flour and sugar. Mix by hand until it clings together. Then press mixture into 13x9x2" pan. Bake at 350° for 20-25 minutes or until lightly browned.

For the filling, beat together eggs, sugar and lemon juice. Sift together flour and baking powder. Stir in egg mixture. Pour over baked and cooled crust. Bake at 350° for 25 minutes.

Cool, then sprinkle with powdered sugar. Cut into bars and enjoy!



**Di's Mac N Cheese—
Diane Whitbey**

8 oz bag of macaroni elbows
2 cups milk
1/4 cup butter or margarine
3 Tblsp flour
Salt and pepper to taste
2 cups shredded sharp cheddar cheese
(or do what I did...I didn't have cheddar cheese so I used Velveeta cheese and Mozzarella string cheese)



Preheat oven to 350°.
Cook pasta according to instructions on bag. (I set it aside in the hot water, this will make it plump up!).
Melt butter in a sauce pan. Stir in flour with a whisk to make a rou (like you were making gravy).
Gradually add milk and cook until mixture is smooth and bubbly, stirring constantly.
Once heated, gradually add cheese(s) until melted.
Meanwhile, drain macaroni, then mix into cheese mixture.
Pour into 2-quart casserole.
Bake uncovered 25 minutes or until internal temp is 165-175.
Notes: I add way more cheese than the recipe calls for. I also bake it longer...until the edges start to brown a little and it is bubbly. For the potluck, I put it in a crockpot instead of the oven and heated it on low for about 3—4 hours. Turned out pretty good if I do say so!

Deviled Eggs—Shelley Ussery

1 dozen eggs (boiled and peeled)
1/4 cup mayonnaise
Drop or two of mustard
8 oz cream cheese
1/8 to 1/4 cup parmesan cheese
1/4 cup grated cheddar cheese
Salt and pepper to taste



Gently dry eggs with paper towels then slice in half lengthwise. Remove yolks and put in a medium bowl. Put egg whites on a serving platter. Mash yolks into fine crumbs with a fork, add mayo, then mustard, followed by cream cheese (continue to stir together with each addition), then parmesan, and lastly cheddar. Mix (with mixer) until creamy. Disperse heaping teaspoons of yolk mixture into egg whites.

**Mr. B's
Sugar Cookies**

Go to grocery store of choice and locate delicatessen area.
Locate frosted cookies.
Take to cash register.
Purchase. Bring to party.
Viola! Awesome cookies!



**Shelley's Grape Salad—
Shelley Ussery**

6 cups of grapes (best if all green)
1 cup pecans (chopped)
1 cup white sugar
8 oz cream cheese (very soft)
1 cup sour cream
1 tsp vanilla



Mix (with mixer) sugar and cream cheese. Add sour cream and vanilla and continue to mix until creamy.
Fold in nuts to cream mixture then pour over whole grapes. Fold until grapes are all covered.

Cranberry Salad—Shelley Ussery

1 lg raspberry jello (sugar included)
1 1/2 cup water (boil)
1 1/2 cups fresh cranberries (finely chopped)
1 cup sugar
1—2 oranges (peeled and chopped)
1 lg can crushed pineapple (including juice)
1 cup pecans (finely chopped)

Mix jello with 1 1/2 cups boiling water, add sugar, mix well until all dissolved (may have to stir a few times in one minute intervals). Mix all other ingredients with jello mixture, place in small bowls and refrigerate overnight. (This also freezes well).



Crockpot Dressing—Shelley Ussery

1 8-inch pan cornbread (cooked)
8 slices day old bread
1/2 tsp pepper
1 tsp poultry seasoning
1/2 tsp salt
4 eggs
2 cans cream of chicken soup
2 cups chicken broth
1 medium onion (chopped)
1/2 cup celery (chopped)
2 Tblsp butter

In a large mixing bowl, crumble cornbread and day old bread. Add all remaining ingredients, except butter. Pour

mixture into crockpot, dot top with butter. Cover and cook on high for 2 hours or low 3-4 hours. Test for desired dry-



ness. (If too dry add more chicken broth, if to wet, cook longer). You can also cook in 9x13 pan in the oven at 350° for 1 hour—the top will get a little crispy.

Cindy's Baked Beans aka Cowboy Beans—John McCullar

1 lb Williams hot sausage
1 can Van Camp's pork and beans
1 can pinto beans
1 can red kidney beans
1 onion, chopped
1 bell pepper, chopped
1/3 cup brown sugar
1/3 cup molasses
1/4 cup ketchup
1 Tbsp Liquid Smoke
2 Tbsp Worcestershire Sauce
1 Tbsp Mustard
1 Tbsp Cajun Seasoning "Luzianne"

Preheat oven to 350°.

Brown sausage with onion and bell pepper. Then drain.

Mix together remaining ingredients. Add sausage mixture.

Put in baking dish and cook covered (with lid or aluminum foil) for 1 hour.

Uncover and cook for 10 more minutes.

If you want to make this for a big crowd, double all ingredients.



A Snowflake Falls

By Ruth Adams—found on the internet

One night I saw a snowflake fall,
Past memories it did recall,

And as the snow fell to the ground,
So quietly without a sound,

I watched until a blanket made,
To glistening white brown earth did fade.

An untouched cover until the dawn,
The sun arose it was soon gone.

I thought of friendships in the past,
Seemed perfect though they did not last.

And family ties once meant so much,
Now rarely do we keep in touch.

So quickly life can take a turn,
Yet slowly we do seem to learn.

So many things in life can change,
And suddenly be rearranged.

In our slumber while we do sleep,
For granted blessings thought to keep,

For same as night does turn to morn,
An untouched blanket can get torn,

The things that we have overlooked,
Ignored, rejected or mistook,



As melted snow does turn to slush,
Relationships can turn to dust.

So this year for the Holiday,
Praise God for blessings gave today.

Don't take for granted they'll remain,
That life forever will be the same.

Let's be the most that we can be,
For all our friends and family.

Unlike the snowflake on the ground,
Let's keep in touch and stay around.