



SPOTLIGHT

FREE

December 2022 Volume 12



To Receive
"JK SPOTLIGHT"
Newsletter

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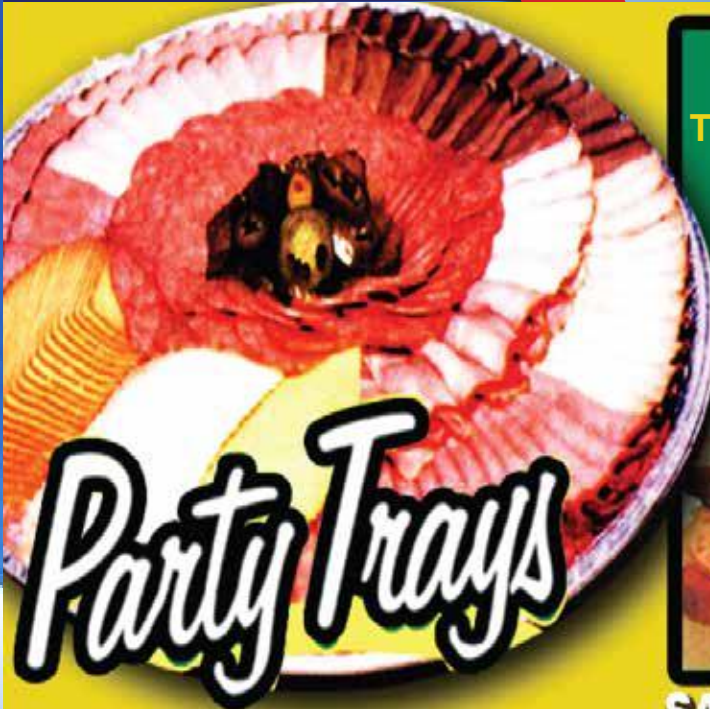
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Is your business listed?
CALL TODAY!
501-374-5000

Therefore the Lord himself will give you a sign:
The virgin will conceive and give birth to a son,
and will call him Immanuel.

Isaiah 7:14



Party Trays

**THINK UNCLE T'S FOOD MART WHEN IT'S TIME
TO ORDER YOUR HOLIDAY FOOD TRAYS!**



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WILLIAM WOODS JR. - MANAGER



SANDWICHES SERVED FROM - 10AM - 7PM

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J KELLY REFERRALS



Messgae from the President Mrs. Mary Parham

Greetings,

Once again, we enter into the wonderful holiday season of Christmas, Hanukkah, and Kwanzza. And as we approach the end of a difficult, scary and chaotic year, it is fitting that we pause to reflect and to give thanks for the many blessings bestowed upon us. We pause and remember those we have loved and lost this year. As we see richly adorned trees decked with strands of bright lights, ornaments, and ribbons seem to dance their way through the carols that fill the halls with the meaning of the season and resound with the significance of our Savior's birth.

This holiday season let's remember to pray for the families of our many sons and daughters who are in harm's way serving in the US Armed Forces in the far corners of the globe. Also let's not forget about those less fortunate for giving to those in need is a small thing we do during the holiday season and in the year to come. **Matthew 8:10 (NIV) tell us "Freely you have received, freely give"**. If we truly are to be Disciples of Christ, we must give freely of our love, time and possessions.

All of us at J Kelly Referrals extend our warmest holiday wishes and we hope and pray that this seasonal recipe will help you fill your home with a wonderful aroma of peace and joy that radiant throughout family and friends and brings about the true spirit and love which will become a meaningful traditional for generations to come.

"Happy Holiday and Seasons Greetings to All"

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The Arkansas Foodbank is the foundation in the fight against hunger. We find pathways to connect people, resources and food to reach those in need, providing dignity, hope and a brighter future for all Arkansans.

To volunteer/donate/drop off visit:
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501-565-8121

Telephone: 501-374-5000 • www.jkellyreferrals.com



HEALTH AWARENESS - THE BASIC UNDERSTANDING OF HIV



What is HIV?

Human Immunodeficiency Virus (HIV) is a virus that attacks the body's immune system and if left untreated, can lead to **acquired immunodeficiency syndrome**, also known as **AIDS**. One thing about HIV, once you are infected with it there is no cure and will live with you for the rest of your life. But with the right medical attention, HIV can be controlled and individuals with the virus can live long, healthy lives. Over the years, HIV slowly expanded across Africa and later into other parts of the world, and has since existed in the United States since the mid to late 1970s.

How do I know if I have HIV? The only logical way to know for sure if you have the virus or not is to simply get tested by your doctor. Some individuals start to experience flu-like symptoms that may start within 2 to 4 weeks after being infected and that is call **Acute HIV Infection**. These symptoms will include: fever, chills, rashes, night sweats, muscle aches, sore throat, fatigue, swollen lymph nodes, and mouth ulcers, which can last for a few days or several weeks. Some people may not feel any symptoms during acute HIV infection and having these symptoms doesn't mean you have HIV; other illnesses can cause these same symptoms. See your health care provider if you are experiencing any of these symptoms and think you may have been exposed to HIV.

What are the stages of HIV?

Stage 1: Acute HIV Infection- During this stage, an individual won't feel sick right away and are very contagious. HIV has traveled through the individuals blood stream during this stage so seeking medical attention is most important.

Stage 2: Chronic HIV Infectio- A symptomatic HIV infection or clinical latency, HIV is still very much active in the body but will reproduce at very low levels. During this stage an individual may still not experience any symptoms but can transmit the virus.

Stage 3: Acquired Immunodeficiency Syndrome (AIDS)- This stage is the most severe phase of HIV infection. Individuals with AIDS immune systems are badly damaged that they get an increasing number of severe illnesses and will need to receive an AIDS diagnosis. Without treatment, individuals with AIDS will not survive for a long period of time after this stage.

For more information you can contact your doctor/healthcare provider. Additional information can be found at www.cdc.gov/hiv/basics.

DECEMBER 2022 Save the Dates • HIV Awareness Month

JINGLE BELL RUN

Friday, December 3, 2022 • 9:00am

Two Rivers Park

Wear your holiday costume!

For more information, please contact Kelli Dreiling at 832-696-0919 or kdreiling@arthritis.org

84TH ANNUAL CAPITOL TREE LIGHTING

Friday, December 3, 2022 • 5:30pm

Arkansas State Capitol

For more information, please call 501-435-3306

HOLIDAY OPEN HOUSE

Mosaic Templar Cultural Center
Corner of Nineth Street

Saturday, December 4, 2022 • 2:00pm – 5:00pm

Take a picture with Santa!

For more information
www.arkansasheritage.com

North Little Rock

SERTOMA CHRISTMAS PARADE

Saturday, December 4, 2022 • Starting at 2:00pm

Pershing Blvd. – Main Street – Washington Ave.

For more information, please visit
www.northlittlerock.org

JINGLE JUBILEE PARADE

Saturday, December 4, 2022

Starting at 12:00pm on Capitol

Ending at 5:00pm on Cross

BALLET ARKANSAS NUTCRACKER SPECTACULAR

December 9th – December 11th

Robinson Music Center

Ticket Prices Varies

For more information, please call 501-244-8800 or email tickets@balletarkansas.org

MERRY CHRISTMAS!!! • SUNDAY, DECEMBER 25, 2022

Telephone: 501-374-5000 • www.jkellyreferrals.com

J Kelly Referrals & Information Services



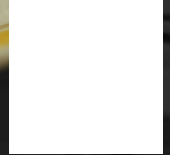
Business 2 Business **Radio Talk Show**
Praise 102.5 FM

Tune in Sundays
at 3:00 PM

J Kelly Referrals &
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501-374-5000

Host

Mrs. Mary Parham
President/CEO J Kelly Referrals



J Kelly Referrals publishes the J Kelly Newsletter monthly and promotes it as the Official Newsletter of J Kelly Referrals & Information Services, Inc. For more information or to advertise your business in J Kelly Newsletter, Diversity Market Guide, or our Online Directory, please call Jozetta Williams at 501.374.5000, or email Ms. Williams at jozwilliams@jkellyreferrals.com.

CHRISTMAS TIME

Lenora McWhorter

At Christmas, lights burn brighter,
and friendly hugs get even tighter.
The spirit of Christmas fills the air,
and people seem to really care.

Merry hearts are filled with cheer.
Families and friends all draw near.
The streets around are all filled
despite the cold winter chill.

Everywhere there's smiling faces,
giving and receiving warm embraces.
And for a time, sadness disappear.
Peace, joy and hope replaces fear.

All because God's love came down
and filled the earth all around.
So we celebrate at Christmas time
our Savior and Lord, holy, divine!

We honor Jesus throughout the year
so the Christmas spirit will linger near.
For the story of His birth is ours to tell
that Jesus became our Emmanuel!



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