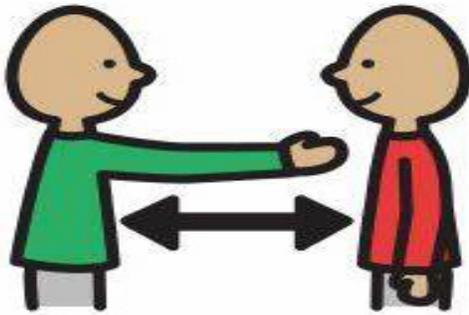




We Are Counting On You!

NLR Neighborhood News



Now I know what to do!

Stay Home, Stay Safe, Stay Healthy

In January 2021 we will be entering our twenty-fifth year of publishing this newsletter. Yes, every two months for the past twenty-four years we have put this newsletter out. It is our intention to continue to do so.

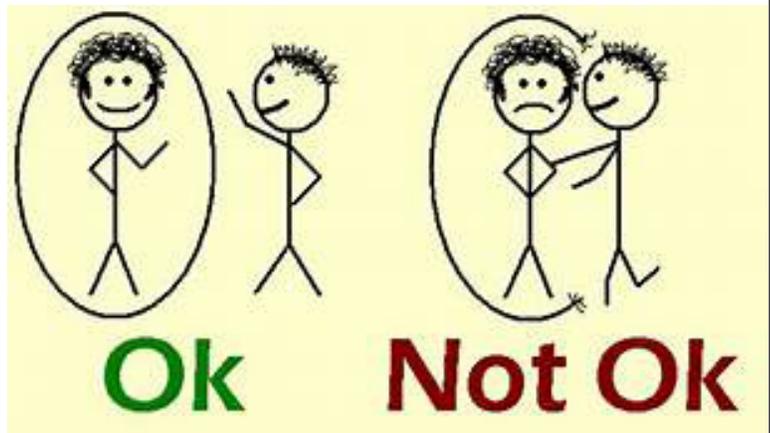
This issue is for May/June 2020. Normally we would write articles for it during the last part of April. This time, however, we are writing this issue in March because we want

to make sure it goes out, and early is better than late during the current historic crisis. As a result we have no idea what will be happening when this hits your mailbox.

So, what do we know right now? Predictions are all over the place. We are still new to this, but we know social distancing slows the spread of disease. And we know that we will eventually develop a vaccine and/or a cure. The trick is to slow the spread (flatten the curve) until we are in a position to cure or eliminate the disease.

Currently the President and the Governor have asked for social distancing to be extended at least until the first part May. As a result we are asking all neighborhood groups to postpone any meetings or events until after social distancing has been cancelled. This issue will contain a calendar of potential neighborhood meetings with the understanding that no meetings will be held if we are still called to distance ourselves.

A wise saying currently traveling the internet points out that we will never know if we have done enough to stop COVID-19, but we will certainly know if we have not. Anyway, we wish you in the future the best, from us in the past.



Did You Know?

One thing about social distancing, it gives people time to learn new things. Did you know that FEMA (the Federal Emergency Management Agency) tracks Waffle Houses across the country as an indicator of which areas are hardest hit by disasters? The Waffle House index is a real thing. As FEMA Administrator, Craig Fugate, said in 2018, "If you got to areas where the Waffle House was closed, that's not a good sign." Apparently the WH index has shown itself to be a reliable indicator of the hardest hit areas during and after a natural disaster.

FEMA's live tracking shows WHs in green that are open with a full menu, yellow indicates open but with a limited menu, and red indicates that the restaurant is closed. Why Waffle Houses? Waffle Houses are open twenty-four hours a day, seven days a week and are typically the first things to reopen after a disaster. Green indicates areas of limited impact or moving into recovery operations – in other words a stable environment, while yellow indicates recent power outages and/or a lack of running water. Red means the area was severely hit and is struggling to recover.

Are we pulling your leg? Go to FEMA's website (FEMA.gov) and search for "Waffle House" and see for yourself.

At the writing of this article (the end of March), more than four-hundred WHs are closed. That contrasts to Hurricane Katrina, which led to the closure of about one-hundred WHs.

Remaining 2020 City Holiday Schedule

May 25 - Memorial Day

July 3 - (July 4th) Independence Day

September 7 - Labor Day

November 11 - Veterans Day

November 26 & 27 - Thanksgiving

December 24 & 25 - Christmas

Contact NLR Sanitation at 371-8540
for holiday schedule pickup.

Worthwhile Volunteer Opportunities While Practicing Social Distancing

If you are looking for a volunteer activity you can do at home during quarantining or social distancing, you might think of transcribing documents written in cursive. A number of museums would like to have documents transcribed so researchers can search the documents for key words. Below is a partial list of opportunities:

**Citizen Archivist Missions –
The National Archives at [archives.gov](https://www.archives.gov)**

**Smithsonian Digital Volunteers:
Transcription Center – transcription.si.edu**

**DIY History:
University of Iowa – diyhistory.lib.uiowa.edu**

**Anti-Slavery Manuscripts:
Boston Public Library–antislaverymanuscripts.org**

If you are looking for something interesting to pass the time and transcription does not interest you, try **zooniverse.org**. This site uses people-powered research, using people to do everything from exploring the surface and weather of Mars to helping the University of Wyoming identify and study raccoons. The variety of potential research projects for you to participate in is breathtaking.

If you just want to look and learn but not work, many libraries and museums have digitized large segments of their collections and make them available online at no cost. A couple of good examples are the New York Public Library Labs at **digitalcollections.nypf.org** and the **Library of Congress at [flicker.com](https://www.flickr.com/photos/libraryofcongress/)**.

If you have youngsters at home who like to color (or even adults!) libraries, archives, and other cultural institutions around the world have shared free coloring sheets and books based on materials in their collections. You can download, print, and color your favorites. For more information go to **library.nyam.org**.

Suicide Prevention



If you know someone in crisis you can call the National Suicide Prevention Lifeline at **1-800-273-8255 (TALK)**, or text the Crisis Text Line (**text HELLO to 741741**). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via **TTY at 1-800-799-7889**. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial **911** in an emergency.

The Veterans Crisis Line connects Service members and Veterans in crisis, as well as their family members and friends with qualified, caring Department of Veteran's Affairs responders through a confidential toll-free hotline, online chat, or text messaging service. Dial **1-800-273-8255** and press 1 to talk to someone or send a text message to **838255** to connect with a VA responder. You can also start a confidential online chat session at veteranscrisisline.net/get-help/chat.

Behaviors that may be signs that someone is thinking of suicide include:

- Talking about wanting to die or wanting to kill themselves.
- Talking about feeling empty, hopeless, or having no reason to live.
- Making a plan or looking for a way to kill themselves, such as searching online for methods, stockpiling pills, or buying a gun.
- Talking about great guilt or shame.
- Talking about feeling trapped or being without solutions.
- Feeling unbearable pain (either emotional or physical).
- Withdrawing from family and friends.
- Changing eating or sleeping habits.
- Giving away important possessions.
- Saying goodbye to friends and family.

If these signs apply to someone you know or to you, get help as soon as possible, particularly if the behavior is new or has increased recently.

Here are five steps you can take to help someone in emotional pain:

- 1) ASK:** "Are you thinking of killing yourself?" A hard question to ask, but studies show that asking at-risk individuals does not increase suicidal thoughts or actions.
- 2) KEEP THEM SAFE:** Reducing a suicidal person's access to highly lethal items or places is an important part of prevention. Ask if they have a plan and then removing or disabling the lethal means can make a difference.
- 3) BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce rather than increase suicidal thoughts.
- 4) HELP THEM CONNECT:** Save the above listed suicide prevention numbers to your phone so they are there when you need them. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.
- 5) STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of deaths goes down with someone follows up with the at-risk person.

For more information go to the National Institute of Mental Health's website at [nimh.nih.gov](https://www.nimh.nih.gov).

**Amboy Crime Watch**

1st Thursday, 6:00
Bimonthly - months of
Jan., Mar., May, July, Sept., Nov.
Amboy Methodist, 311 Military
Mary Ann Conley 758-1208

Amboy Neighborhood Assn.

Every 3rd Monday, 6:30
Burns Park Hospitality House
Military Drive & Joe Poch Rd.
Michelle Holt, (501) 348-6953
Petminders@live.com

Argenta Neighborhood Boosters

Every 3rd Thursday, 6:00
NLR Heritage Center
506 Main Street
Katie Gleason, (501) 773-6189

Baring Cross Neighborhood Assn.

Every 3rd Monday, 6:00
ACTS Church
13th & Franklin Sts.
Harlan Hunter, 541-1591

**Dark Hollow Community
Development Corporation**

Every 3rd Tuesday, 6:30
1400 Pine Street
Belinda Burney, 376-8144

**Dixie Addition Community
Development Corporation**

Every 3rd Monday, 6:00
914 "H" Street
Lee A. (Buck) Jeffrey, 240-5376
buckj@att.net

Glenview Neighborhood Assn.

Every 1st Tuesday, 7:00
Glenview Rec. Ctr
4800 E 19th St.
Tim Deloney, 553-8703
timrdeloney@comcast.net

Questions? Contact the Following

All dates are evening meetings unless otherwise noted.

HOLT Neighborhood Assn.

3rd Monday, 6:30 in --
March, June, August & November
Gardner Memorial United Methodist
Joy Cameron, 374-9520

**Indian Hills Neighborhood
Association/Crime Watch**

Stephen Whiting, 425-1942

Keep North Little Rock Beautiful

Every 2nd Monday, 6:00
Rockwater Marina Clubhouse
Randy Naylor, 350-8775 or
Lisa Smith, 791-2568;
KNLRB@aol.com
or www.Facebook.com/KNLRB

Lakewood Community Watch

Tap Pace, 416-0747

Meadow Park Neighborhood Assn.

Every 2nd Tuesday, 7:00
Bethany Baptist Church
308 Eureka Gardens Road
Michael Davis, 508-1108

Melrose Outreach

Every 3rd Wednesday, 7:00
Melrose Grocery, 807 Willow St.
Phone: 372-3810 or 374-7842

Military Heights Outreach Assn.

Every 2nd Thursday, 6:30
North Little Rock Community Center

NAACP

Every 1st Tuesday, 6:00
Bethel AME Church
600 Cedar Street
Deborah Rhodes, Ph: 351-9558

Neighbors United for Levy

Every 1st Monday, 6:30
North Heights Recreation Center
4801 Allen
Doug McDowall, 758-1668

North Little Rock Landlords Assn

Every 3rd Monday, 7:00
NLR Community Center
2700 Willow St.
Gail Blucker, 835-6679

Park Hill Neighborhood

1st Tuesday, Odd months only, 6:00
Idlewild Park Historic Building
Corner of D, No. Cedar & Plainview
John Gregan, 758-7159
johngregan@att.net

Ridge Road Village Neighborhood Watch

Every 4th Thursday, 5:00
4748 Ridge Road, Phone : 771-7500

Rose City Neighborhood Assn.

Every 3rd Monday, 7:00
Rose City Police Substation
Broadway & Lynch Drive
Ken Abel, 791-8500, lv message
Nlrrosecityneighborhood@gmail.com

Scenic Hill Neighborhood Assn.

2nd Thursday, 7:00 in
January, March, June & September
Randy Naylor, 350-8775

Sertoma Club of NLR

Every Wednesday, 12:00 noon
Newk's on Warden Road

Sherman Park Neighborhood

Every 3rd Monday, 6:00
8th St. Baptist Church
Corner of Hickory & SA Jones Sts.
Artis Boykin, 372-7490

Stone Links Neighborhood Assn.

Every 3rd Tuesday, 6:00
Stone Links Golf Course Clubhouse
Cedric Vaughn, 479-799-2347

Willow Beach Neighborhood Assn

2nd Tuesday in March & October,
6:30 Church at Willow Beach
John Santoro, 607-1755

**City of North Little Rock
City Hall 300 Main Street**

Elected Officials

Mayor Joe Smith 975-8601
City Clerk, Diane Whitbey 975-8617
City Attorney, Amy Fields 975-3755

Council Members

Ward 1

Debi Ross 753-0733
Beth White 758-2738

Ward 2

Linda Robinson 945-8820
Maurice Taylor 690-6444

Ward 3

Steve Baxter 804-0928
Ron Harris 758-2877

Ward 4

Charlie Hight 944-0670
Jane Ginn 749-5344

NLR Neighborhood News

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Fax: (501) 791-8516

Office Hours-
Monday-Friday
8:00 a.m. to 4:30 p.m.

Comments? We would like to hear from you. If you have neighborhood meetings or activities to be placed in the newsletter, please mail, fax, email or call the information to us. Are you reading someone else's copy? If you would like to be placed on our mailing list, contact our office.

North Little Rock Neighborhood News is a bi-monthly publication. Please note the following deadlines for information to be published:

Issue	Deadline Date
July/August	June 1
September/October	August 1
November/December	October 1

**Census 2020
YOU Count!
Complete your
2020 Census form
and be counted!**



**2020
Recycling Weeks**

May 10 & 24
June 7 & 21
July 5 & 19
August 2, 16 & 30
September 13 & 27
October 11 & 25
November 8 & 22
December 6 & 20

Put your bins to the curb by 7:00 a.m. the day of your regular household garbage pick up. Put them away by 8:00 a.m. the next day.

Recycling Questions?
Call Waste Management
at (501) 565-0191.

**North Little Rock
City Meetings**

Thomas Cemetery Committee
1st Monday, 6:15 pm
Levy Baptist Church, 3501 Pike Ave.

NLR Airport Commission
3rd Thursday, 12:00 pm
120 Main Street, Room A
City Services Building

City Council Meetings
2nd & 4th Monday, 6:00 p.m.
NLR City Hall, 300 Main Street

Planning Commission
Sign Board
2nd Tuesday, 9:30 a.m.
120 Main St., 2nd floor, west end

Planning Commission
2nd Tuesday, 4:45 pm/300 Main St.

History Commission
2nd Tuesday, 6:00 pm/506 Main St.

Historic District Commission
2nd Thursday, 6:00 pm
506 Main St.

Parks & Recreation
Commission
3rd Monday, 5:00 pm
2700 Willow St.

City Beautiful Commission
3rd Monday, 2:00 p.m.
3427 North Magnolia Street

Senior Citizen Commission
Every 4th Monday, 3:00 p.m.
401 West Pershing

Planning Commission
Board of Adjustment & Appeal
Last Thursday of each month,
1:30 p.m.
120 Main St., 2nd floor, west end



NEIGHBORHOODS
the fabric of our communities

Neighborhoods USA Conference - Update

Due to the mandate for social distancing and the safety of everyone's health, the City of Little Rock has cancelled the Neighborhoods USA conference scheduled for May 20-23, 2020.

If you want to hear an amazing speech about society taking on the coronavirus, go to YouTube and watch Queen Elisabeth II's speech on the coronavirus.

It is straight to the point and heartwarming. Exactly what one would expect from a leader who refused to evacuate London during the bombing in World War II as a young woman.

(Queen Elizabeth Reassures Britain Amid Coronavirus Pandemic: 'Better Days Will Return' | NBC News)



Please notify Neighborhood Services of any address change. Bulk rate mail will not be forwarded.



NLR Neighborhood News
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May/June 2020

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