

NLR Neighborhood News

#NLRStrong

Surviving the Heat When the Power is Out

We all know that summer storms can cause power outages. Straight line winds can do as much, or more damage to the electric grid as a tornado. Repairs to the electrical lines must wait on tree cutting crews to remove the fallen trees and limbs. Broken poles will need to be replaced. Sometimes sections need to be shut off to give the tree trimmers safe access for cutting. When poles are replaced, lines need to be restrung. All of this can take time, meanwhile the summer heat is not taking a break. So, how to survive in a house with no electricity in summer in Arkansas?

The first step is to plan ahead. There are steps you can take to help reduce the heat in your house for short term, but you need to be prepared to seek cooler shelter if the outage takes longer than you can comfortably stand. Talk to family or friends about the possibility of staying with them if your power goes off. Look at motels that still have power and air conditioning. Usually in times of extreme heat the City will establish a cooling center. Make plans for your pets as well. The city cooling stations usually accept pets in an air conditioned trailer on site. Watch North Little Rock Electric Department's "Outage Map" to see the extent of the damage.

If you are staying in your home, block the heat immediately. Close all blinds to keep the sun out. Cover sunny windows with cardboard or blankets. Close exterior doors to keep the cooler air inside. Keep the fridge closed to trap the cold and protect food.

Keep cool and stay hydrated. Drink cool water frequently. Make sure children and the elderly are staying hydrated. Place a cool damp cloth on your skin. Place ice packs or cold compresses on the neck, wrists, or ankles. Spray a water mist on your skin while using a manual or battery-operated fan.

Sleep cool. Sleep at the lower levels of your home. Remember that heat rises. Use light colored cotton sheets. Slightly dampen the top sheet to provide cooling through evaporation.

Watch the temperatures inside and outside. When the outside air is cooler than the inside air (usually late at night or very early in the morning) open windows to let the cooler air in. If there is a breeze, open windows on opposite sides of the room to create air flow. Close the house back up at dawn.

Battery powered fans are available for sale. Make sure you have spare batteries or a way to recharge the fans. An ice chest with ice and cold packs will be helpful. Cooling cloths that are dampened and then use evaporation to cool can also be purchased. Drink mostly water and supplement with coconut water or sports drinks. Avoid alcohol, caffeine, and high sugar sodas. The important thing is to make sure you do not stay too long in a life-threatening situation. If it gets too hot in your home, seek cooler shelter elsewhere.





The Root Connection

Urban Gardening for Zone 8a

Rachelle Kelly, North Little Rock Garden Program Manager

Keeping the Garden Productive Through the Heat

Summer in Zone 8a is rewarding, but high temperatures, pests, and fast-drying soil will test any grower. A few small adjustments will keep your garden producing well into autumn.

The 2 PM Rule

If a plant wilts in the afternoon but recovers by evening, it is a temporary survival response to heat, not a sign of thirst.

- **Test Depth:** Push your finger 2 inches into the soil. If it is damp, do not water.
- **The Danger:** Over watering in July heat cuts off oxygen to roots, triggering root rot and fungal diseases.
- **Deep Soak:** Apply 1 to 1.5 inches of water 2 to 3 times a week at dawn rather than doing shallow daily watering.

Tomato Rescue Tips

Midsummer heat causes many tomato plants to stall. To extend your harvest:

- **Prune Low:** Remove leaves within 6 inches of the ground to block soil-borne fungal spores.
- **Breaker Stage:** Harvest tomatoes when they first show a blush of color. They ripen perfectly indoors on the counter with zero loss of flavor, completely avoiding sun scald, birds, and pests.
- **Pause Nitrogen:** Skip high-nitrogen fertilizers now. They force tender leaf growth that burns instantly in extreme heat and attracts aphids.

Container Garden Cooling Tricks

Pots heat up much faster than in-ground garden beds, cooking sensitive root systems.

- **Double-Potting:** Place your growing container inside a larger decorative pot. The air gap between them acts as vital insulation.
- **Placement:** Shift pots to a spot facing east to ensure they get morning sun but not afternoon shade.

Herbs That Thrive in the Heat

When some vegetables struggle, these heat-tolerant Mediterranean and tropical herbs keep growing:

- **Top Picks:** Basil, Thai Basil, Rosemary, Lemongrass, Oregano, and Sage.
- **Pollinator Benefit:** Let a few go to flower to attract beneficial insects that protect your nearby vegetables.

Bee Baths for Pollinators

High summer temperatures require insects to consume more water to stay hydrated and cool their hives. You can support local pollinators by adding a simple bee bath to your garden layout.

- **Design:** Fill a shallow dish with water and line the bottom with river rocks or marbles.
- **Safety:** Ensure the rocks sit slightly above the water level to provide a dry landing pad, which prevents bees from drowning.
- **Maintenance:** Refresh the water every two days to keep it clean and prevent mosquitoes from breeding.

Continued on back page.

Surviving the Heat continued.

High heat can kill. Critical symptoms of heat stroke include confusion, slurred speech, agitation, delirium, loss of coordination, seizures, and loss of consciousness. Other indicators are high body temperature, stopping sweating, red flushed skin, rapid pulse, rapid breathing, severe nausea, and throbbing headache.

These conditions call for emergency care. Watch children and the elderly closely. You should move to a cooler location before any of the above symptoms show.



North Little Rock Board & Commission Meetings

Advertising & Promotion Commission

Quarterly-3rd Wednesday, 2:30 pm
600 Main Street, Suite 100

Airport Commission

3rd Thursday, 12:00 pm
City Services Bldg.
700 West 29th Street

Central Arkansas Water Commission

2nd Thursday, 2:00 pm
CAW Office
3rd Floor Board Room
221 East Capitol Avenue
Little Rock, AR

City Beautiful Commission

3rd Tuesday, 1:30 p.m.
Neighborhood Services Office
3427 North Magnolia Street

City Council

2nd & 4th Monday, 6:00 pm
NLR City Hall, 300 Main Street

Civil Service Commission

2nd Thursday, 6:00 pm
City Services, 700 W. 29th St.

Community Garden Manager

July 21 & August 18, 5:00- 6:30 pm
North Heights Com. Ctr.
Contact: 501-791-8500

History Commission

2nd Tuesday, 5:30 pm
506 Main Street

Historic District Commission

2nd Thursday, 5:30 pm
506 Main Street

Housing Authority Board of Commissions

1st Monday, 5:00 pm
4901 Fairway Avenue, Suite A

Library Commission

3rd Monday, Odd months only, 5:30 pm
Laman Library, 28th & Orange Sts.

MEMS Board

4th Tuesday, 7:30 pm
MEMS Admin Bldg.,
1121 W. 7th, Little Rock

Parks & Recreation Commission

3rd Monday, 5:00 pm
2700 Willow Street

Planning Commission

2nd Tuesday, 4:00 pm
City Hall, 300 Main Street

Board of Zoning Adjustment

Last Thursday of each month,
1:30 p.m. / City Services
300 Main Street

Residential Housing Facilities Board/Public Facilities Board

Meetings are held on an on-call basis.
For more information
call, 501-372-0110

Rock Region METRO

3rd Tuesday, 12 Noon
Rock Region METRO Bldg.
901 Maple Street

Senior Citizen Commission

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

Thomas Cemetery Committee

3rd Monday, 6:15 pm
Levy Baptist Church,
3501 Pike Ave.

Tree Board

Meets Quarterly
300 Main Street

Waste Water Treatment Commission

2nd Tuesday, Every Other Month
12:15 p.m.
Waste Water Administration
Building, Conference Room
7400 Baucum Pike, Gate 1

Questions? Contact the Following

All dates are evening meetings unless otherwise noted.

Amboy Crime Watch

Every 1st Thursday, 6:30
Burns Park Hospitality House,
Military Drive & Joe Poch Road
Paula Lively, 501-350-7649
pkele@aol.com

Amboy Neighborhood Assn.

Every 1st Thursday, 6:30
Burns Park Hospitality House
Military Drive & Joe Poch Rd.
Angelica Barnard, 501-297-8720
Amboynanews@aol.com

Argenta Neighborhood Boosters

Call for meeting information
John Pflasterer, 501-553-8671
argentaboosters@yahoo.com

Baring Cross Neighborhood Assn.

Call for meeting information
ACTS Church
13th & Franklin Sts.
Harlan Hunter, 501-541-1591

Cobblestone Crime Watch

Call for meeting information
Suni Mc Clelland, 501-920-5330
sunimcclellad@gmail.com

Dark Hollow Community Development Corporation

Every 3rd Tuesday, 6:30
1400 Pine Street
Belinda Burney, 501-376-8144

Dixie Addition Community Development Corporation

Every 3rd Monday, 6:00
914 "H" Street
Lonnie Lucas, 501-952-6343

East Argenta Annex Neighborhood Watch Assn

Every 3rd Wednesday, 6:00
Sherman Park Rec. Center
624 North Beech Street
Rowney Torrance, 501-343-1960

Glenview Neighborhood Association Council

Every 1st Tuesday, 6:00
Glenview Rec. Ctr, 4800 E 19th St.
Bernadette Conley, 501-541-5704
BernadetteConley@yahoo.com

HOLT Neighborhood Assn.

Every 3rd Monday, 6:30
Gardner Memorial United Methodist
Joy Cameron, 501-374-9520

Keep North Little Rock Beautiful

Every 2nd Monday, 6:00
Patrick H. Hays Senior Center
401 W. Pershing
Randy Naylor, 501-350-8775 or
Lisa Smith, 501-791-2568;
KNLRB@aol.com
or www.Facebook.com/KNLRB

Meadow Park Neighborhood Assn.

Call for meeting information
Michael Davis, 501-442-0744
nlrns2006@gmail.com
nerdgang@yahoo.com

Melrose Outreach

Every 3rd Wednesday, 7:00
Melrose Grocery, 807 Willow St.
Tammy Small, 501-541-3703
TammyRSmall@att.net

Military Heights Outreach Assn.

Every 2nd Thursday, 6:30
North Little Rock Community Center
Lorraine Chism, 501-519-5957
Karen Alford, 501-681-5233

NAACP

Every 1st Tuesday, 6:00
P.O. Box 5571
North Little Rock, AR 72119
Deborah F. Rhodes, Ph: 501-819-3890
nlrnaacp201@yahoo.com



Neighbors United for Levy

Every 1st Monday, 6:30
No. Heights Recreation, 4801 Allen
Jennifer Johansen, 501-772-0550

North Little Rock Landlords Assn

Every 3rd Monday, 7:00
NLR Community Ctr, 2700 Willow St.
Michelle Esentan, 501-779-3858
mmichelle777@yahoo.com

Park Hill Neighborhood

Call for meeting information
John Gregan, 501-758-7159
johngregan@att.net

Ridge Road Village Neighborhood Watch

Every 4th Thursday, 5:00
4748 Ridge Rd, Phone : 501-771-7500

Rose City Neighborhood Assn.

Every 3rd Monday, 6:00
Rose City Recreation Center
400 Rose Lane
Ken Abel, 501-791-8500, Lv message
Nlrrosecityneighborhood@gmail.com

Scenic Hill Neighborhood Assn.

Call for meeting information
Randy Naylor, 501-350-8775

Stone Links Neighborhood Assn.

Every 3rd Tuesday, 7:00
Stone Links Clubhouse
Marie Hollowell, 404-259-2957

Willow Beach Estates Property Owners Assn

2nd Tuesday in March & October, 6:30
Church at Willow Beach
John Santoro, 501-607-1755

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

Elected Officials

Mayor Terry Hartwick 501-975-8601
City Clerk, Diane Whitbey 501-975-8617
City Attorney, Amy Fields 501-975-3755

Council Members

Ward 1

Debi Ross 501-753-0733
Nathan Hamilton 501-952-7679

Ward 2

Linda Robinson 501-945-8820
Nicole Hart 501-960-2461

Ward 3

Steve Baxter 501-804-0928
Ron Harris 501-758-2877

Ward 4

Scott Fowler 501-765-5868
Vince Insalaco III 501-951-0786

NLR Neighborhood News

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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
Sept/October	August 1
Nov./December	October 1

**Remaining
North Little Rock
Holiday Schedule**

Independence Day
July 4
(Observed on July 3)

Labor Day
September 7

Veteran's Day
November 11

Thanksgiving
November 26 & 27

Christmas Eve/Day
December 24 & 25

For additional sanitation
information, contact
NLR Sanitation
at 501-371-8340.



**2026
Remaining
Recycling Weeks**

July 12 & 26

August 9 & 23

September 6 & 20

October 4 & 18

November 1, 15 & 29

December 13 & 27

**For Recycling Holiday
Pick Up Questions?
Call Waste Management
at (501) 565-0191.**



**Possession And/Or
Usage Of Fireworks
Are Illegal In The
City Limits of
North Little Rock.**



MUSEUM VOLUNTEERS NEEDED

NLR Heritage Center, 506 Main Street

Come be a part of telling the exciting
history of North Little Rock!

Apply to be a volunteer at the Heritage Center



For questions or additional
information, please contact
NLRHC, 501-371-0755

1. Scan the QR code to complete the City of NLR's volunteer application form OR
2. Complete the online form at <https://nlr.ar.gov/departments/mayors-volunteer-services> OR
3. Pick up a paper application from the Heritage Center, 506 Main Street, North Little Rock, AR

Keeping The Garden Productive continued.

Pests vs. Predators

Insect activity peaks in late summer, but a healthy garden requires a balance of both pests and predators.

- **Identify First:** Learn to spot beneficial predators like lacewings, lady beetles, assassin bugs, and parasitic wasps before applying any treatments.
- **Manual Control:** Hand-pick large pests like horn worms and drop them in soapy water. Avoid broad-spectrum sprays, which kill the good bugs and trigger worse pest outbreaks later.

Quick Recipe: Refrigerator Pickles

Overflowing with cucumbers? Skip the canning hassle with this crisp, no-boil recipe.

- **Ingredients:** 2 sliced cucumbers, 1 cup vinegar, 1 cup water, 1 tbsp sugar, 1 tbsp salt. Optional: Garlic, dill, or pepper flakes.
- **Directions:** Combine ingredients in a clean jar and refrigerate overnight. Keeps for two weeks.

Flowers That Pull Double Duty

Integrate these flowers among your vegetables to boost your ecosystem:

- **Marigolds:** Act as a visual border and deter root-knot nematodes.
- **Nasturtiums:** Serve as a trap crop by intentionally drawing aphids away from your prized vegetables.

Start Thinking About Fall Gardens Now

Meet The Newest Addition To The NLR Community Garden Staff Josh Russell



I'm so proud to have started working as the Garden Technician in the Community Gardens Program in the Department of Neighborhood Services.

My wife and I had been interested in moving to the Little Rock area from North Louisiana (Ruston and Monroe) for several years. We would often travel through to see family or friends and would stop for lunch and to have a pitstop at a park for our daughter. At the end of the trip, we would comment that stopping off in metro area was one of the best parts.

I previously worked as an EMT and as a Science Teacher in urban and rural parts of North Louisiana. My wife is working in adult education here at the AR Department of Commerce.

I was introduced to a life-long love of farming and gardening by my first boss Chris Cordaro on his specialty produce farm in Ruston, Louisiana, what we believe to be "The World's Largest Cucuzza Squash Farm".

In one short month I've had a great time here getting to meet many wonderful people all over North Little Rock while assisting them in their Community Garden spaces. Seeing the hard work that people in the community are putting in to provide food for their neighbors and beautify public spaces makes me feel privileged to be a part of the program.

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



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