



# NLR Neighborhood News

## The Summer Heat Safety

Although this is being written in June for the July/August issue, we have a prediction: It's hot. Hot, hot, hot. And probably very dry. The United States has seen record high temperatures over the summer in 2018, 2019, 2020, 2021, and so far in June of 2022. In Death Valley on August 16, 2020 the official temperature was recorded at 129.9 degrees Fahrenheit. Several years ago North Little Rock reached an official 115 degrees.

Heat can kill you. Pay attention to possible symptoms of heat illness. You may suffer heat cramps – severe muscle spasms in the back, stomach, arms and legs due to loss of body salt and water from heavy sweating. You may suffer heat exhaustion – indicated by heavy sweating, cool or pale skin, nausea, headache, weakness, vomiting and fast pulse. Or you may suffer heat stroke – high body temperature, sweating stops, red and often dry skin, rapid breathing and pulse, headache, nausea, vomiting, diarrhea, seizures, confusion or unconsciousness.

It is essential to treat heat illness as soon as possible. If you show symptoms, inform a coworker and ask for help. If you see symptoms in another, seek help for them immediately.

**Heat Stroke** – Immediately call an ambulance. Move the victim to a cooler area, remove outer clothing, immerse them in cool water or apply cool wet towels or cloths to the body. If they are awake and able to swallow give them small amounts of cool water to sip. Heat stroke can be deadly. Immediate attention is required.

**Heat Cramps** – Move to a cooler area and provide them with water or other cool nonalcoholic beverages. Follow up with a medical examination.

**Heat Exhaustion** – Move to a cooler area and keep them lying down with legs slightly elevated. Cool their body by fanning and applying cool wet towels. Have them drink about six ounces of water every 15 minutes. Follow up with a medical examination.

### Tips on staying cool:

Wear loose light-colored clothing and a hat with a brim. Adapt to working in hot conditions gradually. Take breaks in the shade and remove outer protective gear you are wearing. Avoid overexerting yourself during midday. Drink plenty of fluids even if don't feel thirsty. Try for a minimum of eight ounces every 20 to 30 minutes. Choose water, fruit juice, or sport drinks. Stay away from liquids containing caffeine. Be aware that the risk of heat illness increases with age, poor diet, being overweight, poor physical condition, insufficient liquid consumption, and with taking certain medications. Again, take a break in the shade when possible.

**Thanks to the Arkansas Municipal League for the above information.**



## North Little Rock Electric to Permanently Close Drive-thru Services on August 31, 2022

Progress is always occurring in North Little Rock and with that comes some exciting changes. The City of North Little Rock will be re-developing the City Services building at 120 Main Street to better serve the community. With this change, the North Little Rock Electric Customer Service Department will be changing locations this fall. As a result, our drive-thru services will be permanently closing on August 31, 2022.

In the past two years, North Little Rock Electric has made many updates to our software and business processes and discovered that most of our customers would rather conduct business online, using an app, or by telephone. For customers still using the drive-thru, there are now five easy ways to pay your electric bill with NO payment processing fees.

*Look how easy it is to pay...*



*...and now with NO Payment Fees!*

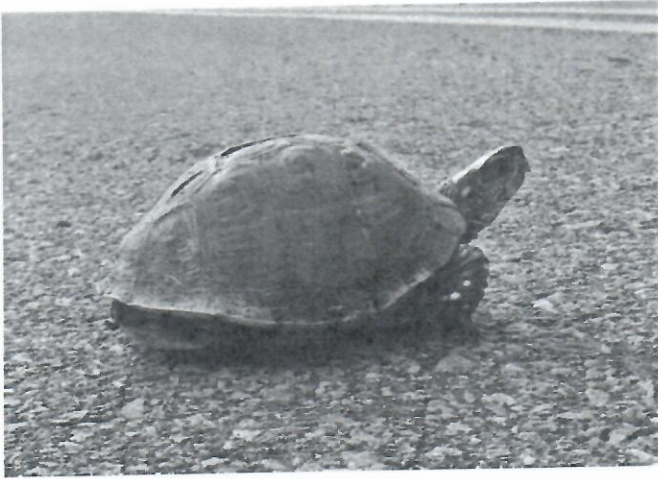
Other services such as Start/Stop/Transfer service, forms, rates, and payment billing options are also easily available online or by phone at 501-975-8888.

For more information, please visit [nlrelectric.com/moving](http://nlrelectric.com/moving)



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## Arkansas Game and Fish Commission (AGFC)



**Witt Stephens Jr. Central Arkansas Nature Center—** Turtles are on the move all over Arkansas, and many can be found alongside roads in rural and suburban areas thanks to a wet, relatively cool spring that created excellent foraging areas in ditches and grassy areas beside the hustle of daily traffic. Many turtles are finishing up their annual breeding and egg-laying cycles, which also puts them on the move.

The three-toed box turtle is one of the most common turtles motorists will encounter in The Natural State. Two species of box turtle occur in the state, the three-toed and the ornate, the latter of which is protected and is illegal to possess or collect. Box turtles get their name from the hinged plastron (lower shell). Many turtles can retract into their shells, but box turtles can lift their lower shell to completely seal out any would-be attackers, forming a snug “box” of protection. Most first encounters people may have with a box turtle they’ve disturbed will be a waiting game until the reptile decides it is safe to open up and take a look around.

This ingenious defense makes adult box turtles impervious to attacks by many small predators, leaving disease and automobiles as the top causes of an individual turtle’s demise. It also endears it to curious children and adults, who often pick them up and bring them home as a wildlife pet.

Kelly Irwin, herpetological program coordinator for the AGFC, says three-toed box turtles often will stay within the same 10- to 25-acre range for their entire life and have a strong homing instinct. If they are moved outside of this area, they may spend the rest of their lives wandering, trying to reorient themselves, especially if turtles are already present in the area where they are placed.

“One recent study moved a number of box turtles to a new location and tracked their movements,” Irwin said. “Only 47 percent of those moved established a home range in the new area. The rest wandered away or died.”

Irwin says the issue is compounded by the turtle’s relatively long time to reach sexual maturity. “Box turtles can take between 5 and 10 years to become sexually mature, depending on their sex and the conditions where they live,” Irwin said. “They can have multiple clutches of 2 to 6 eggs per year, but the nest and young are susceptible to raccoons, skunks, foxes, snakes and many other small predators.”

Dr. Jenn Ballard, state wildlife veterinarian for the AGFC, says moving or concentrating turtles also can introduce or distribute diseases or parasites to new areas, which can have far-reaching impacts on populations of turtles. A number of viruses and bacteria can cause serious problems for amphibians and reptiles, including box turtles. With few options for treating animals in the wild, preventing the spread of these pathogens to new areas is important for protecting these species.

“Moving them around the state can increase the spread of disease, but having them in captivity with other wildlife pets can expose them to even more pathogens,” Ballard said. “If one animal has a disease, you’ve just increased the chances for all of them to contract it, and if they’re later released, you may be infecting a new area.”

AGFC continued on back page.

# Questions? Contact the Following

All dates are evening meetings unless otherwise noted.



## **Park Hill Neighborhood**

1st Tuesday, Odd months only, 6:00  
Idlewild Park Historic Building  
Corner of D, No. Cedar & Plainview  
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, Iv message  
Nlrrosecityneighborhood@gmail.com

## **Scenic Hill Neighborhood Assn.**

2nd Thursday, 7:00 in  
January, March, June & September  
Randy Naylor, 501-350-8775

## **Second St Neighborhood Watch Assn**

Every 3rd Wednesday, 6:00  
Sherman Park Rec. Center  
624 North Beech Street

## **Sertoma Club of NLR**

Every Wednesday, 12:00 noon  
US Pizza on Warden Road

## **Sherman Park Neighborhood**

Every 3rd Monday, 6:00  
8th St. Baptist Church  
Corner of Hickory & SA Jones Sts.  
Artis Boykin, 501-766-0200

## **Stone Links Neighborhood Assn.**

Every 3rd Tuesday, 6:00  
Stone Links Golf Course Clubhouse  
Marie Hollowell, 404-259-2957

## **Willow Beach Neighborhood Assn**

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

## **Amboy Crime Watch**

3rd Monday, 6:30  
Burns Park Hospitality House,  
Military Drive & Joe Poch Road  
Paula Lively, 501-350-7649  
pkele@aol.com

## **Amboy Neighborhood Assn.**

Every 3rd Monday, 6:30  
Burns Park Hospitality House  
Military Drive & Joe Poch Rd.  
Angelica Barnard, 501-297-8720  
Amboynanews@aol.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, 501-541-1591

## **Cobblestone Crime Watch**

2nd Tuesday, 6:30  
January, April, July & October  
Suni Mc Clelland, 501-920-5330  
sunimcclelland@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  
Earnest Franklin, 501-563-5400

## **Glenview Neighborhood Assn.**

Every 1st Tuesday, 7:00  
Glenview Rec. Ctr, 4800 E 19th St.  
Tim Deloney, 501-553-8703  
timrdeloney@comcast.net

## **HOLT Neighborhood Assn.**

3rd Monday, 6:30  
March, June, August & November  
Gardner Memorial United Methodist  
Joy Cameron, 501-374-9520

## **Keep North Little Rock Beautiful**

Every 2nd Monday, 6:00  
Rockwater Marina Clubhouse  
Randy Naylor, 501-350-8775 or  
Lisa Smith, 501-791-2568;  
KNLRB@aol.com  
or www.Facebook.com/KNLRB

## **Meadow Park Neighborhood Assn.**

2nd Tuesday, 7:00  
May, July, September & November  
Bethany Baptist Church  
308 Eureka Gardens Road  
Michael Davis, 501-442-0744

## **Melrose Outreach**

Every 3rd Wednesday, 7:00  
Melrose Grocery, 807 Willow St.  
Phone: 501-372-3810/501-374-7842

## **Military Heights Outreach Assn.**

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

## **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  
Doug McDowall, 501-758-1668

## **North Little Rock Landlords Assn**

Every 3rd Monday, 7:00  
NLR Community Ctr, 2700 Willow St.  
Gail Blucker, 501-835-6679

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

**Elected Officials**

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

**Council Members**

**Ward 1**

Debi Ross 753-0733  
Nathan Hamilton 952-7679

**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

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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/Oct	August 1
Nov/Dec	October 1
Jan/Feb 2023	December 1

City offices will be closed  
on Monday, July 4, 2022  
for Independence Day.

Sanitation will run  
one day late.



Join the movement to make North Little Rock a more diverse, equitable and inclusive city and community.

Be a part of the commitment by signing up now!

For more information contact: Dr. Arnessa Bennett at (501) 975-3737 or email: abennett@nlr.ar.gov.



**2022 Recycling Weeks**

July 3, 17 & 31  
August 14 & 28  
September 11 & 25  
October 9 & 23  
November 6 & 20  
December 4 & 18

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**  
2nd Tuesday, 4:0 pm  
300 Main Street

**History Commission**  
2nd Tuesday, 5:30 pm  
506 Main Street

**Historic District Commission**  
2nd Thursday, 5:30 pm  
506 Main Street

**Parks & Recreation  
Commission**  
3rd Monday, 5:00 pm  
2700 Willow Street

**City Beautiful Commission**  
3rd Tuesday, 1:30 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 Street,  
2nd floor, west end

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## AGFC continued from page 3.

If someone wants to release a turtle they've held in captivity, they must find a permitted rehabilitator to ensure the turtle is able to survive and does not pose a risk of spreading disease or parasites it may have picked up during its time as a pet. Ballard says there are some rehabilitators who specialize in turtles among the ones listed on the AGFC's website at [www.agfc.com/rehab](http://www.agfc.com/rehab).

"I'd advise anyone to please contact these folks before trying to release a turtle on their own," Ballard said. "Or better yet, think about this before they decide to take in a turtle from the wild. It's just as enjoyable to watch them in their natural setting as it is to bring them home."

Another common practice by budding nature lovers is to mark or cover a turtle's shell in paint so it will be recognized upon future visits. Ballard says such

practices may seem like harmless fun, but they can impact the turtle greatly.

Painting a turtle a bright color not only makes it easier for you to see, it makes it easier for predators to locate. Although most small mammals cannot get into a box turtle's shell a persistent coyote can eventually work its way through to the turtle underneath.

Paints can be toxic to turtles, depending on the type used. They can block UV light needed by the turtle throughout its life cycle. "The shell is a living part of the turtle," Ballard said. "Hindering UV light absorption impacts Vitamin D production, which is vital to the turtle for bone and shell development." Irwin says enjoying reptiles and amphibians in the wild is one of the experiences that led him on the path to being a part of their conservation, and he encourages people to continue enjoying them in their natural setting.

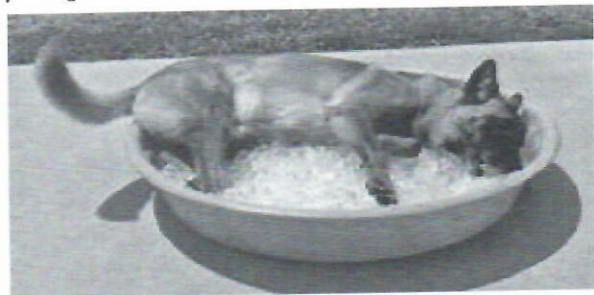
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## Pet Reminders --

During this period of hot weather all outside animals (domestic or wild) should have access to fresh water and shade daily. If you have an outside pet please make sure they have access to plenty of shade and fresh water. If possible bring them inside to cool off. Now is a good time to make sure they are on a regular treatment plan to prevent heartworms. While the temperatures are so hot please do not walk your pet on the street or sidewalk. In just a short time the pads on their feet can burn.

Stray and abandoned animals should have access to shade and fresh water as well. Take a few minutes each morning to leave fresh water out for these animals as well.

Don't forget to take small bags to clean up after your pet and dispose of them properly.



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



**NLR Neighborhood News  
Office of Neighborhood Services  
P.O. Box 5757  
North Little Rock, AR 72119-5757**

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**July/August 2022**

**POSTMASTER:**

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