

north  
little  
rock

# PROUD

## INSIDE:

**SOCIAL DISTANCING  
THE NEW NORM**

**CARRYOUT, DELIVERY  
AND CURBSIDE**

**COVID-19  
BUSINESS TOOLKIT**

**CENSUS 2020 UPDATE**

**OLD MILL DIORAMA  
GETS NEW HOME**



# NLR PROUD Features

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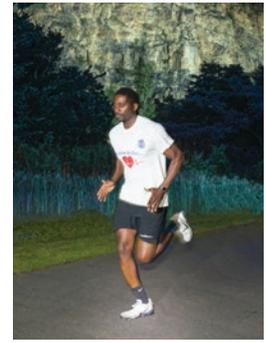
North Little Rock has over 200 restaurants. Most are now servicing their clients with carryout, drive thru, or curbside. Check out who is doing that.

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The 2020 Census deadline has been moved back. An accurate count is now more important than ever.

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On the Cover— Get out and enjoy the outdoors, just keep your distance from people.

Photo by Jim Billings.



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north little rock **PROUD**

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North Little Rock,

First, I hope you are staying healthy. During the past several weeks, we have seen constant change in our fight against COVID-19, and the City Council and I would like to assist you in getting as much information as possible. I wanted to update you and give you a sense of what the City is doing.



- Currently we are gathering information on how best we can use City resources to help our citizens and small businesses get through this unprecedented event.
- We have limited public access to our City facilities and offices for the time being and will continue to reevaluate those closures. At the same time, we are working on alternative methods to allow City business to go on.
- City Council and Planning Commission meetings are being done via Zoom to allow for social distancing.
- The City remains in a strong financial position and could function at full capacity for approximately 6 months despite reduced revenues. For now, we will continue with capital projects to help ensure that money continues to flow through our economy.
- We are working with the State, County, North Little Rock Schools, and the federal government to provide the best possible testing, care and support we can.
- The City is working on a recovery plan as well so that we are ready to hit the ground running when this is over.
- We will continue to work with local businesses, business alliances, economic development corporations, small business development corporations, and several other state and federal business groups to provide the information and help our local business owners who need to survive this storm.
- The City of North Little Rock has not implemented a curfew at this time. We are following the lead of the Governor and monitoring the situation very closely. We appreciate all of our citizens for continuing the practice of social distancing and for being responsible during this COVID-19 crisis.
- We have added a link to our City's website that has all the most up-to-date information we have access to: [nlr.ar.gov/news/covid-19\\_updates](http://nlr.ar.gov/news/covid-19_updates)
- Pay attention to the Arkansas Department of Health website for the most up-to-date information [www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus](http://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus)
- If you go to the grocery store, please think of your friends and neighbors before you buy all of the essential goods. Get what you need and leave some for the next person.
- Wear a mask when you go where other people are present.
- Above all wash your hands, avoid groups of 10 or more, stay home if you don't feel well, cough into your elbow, and pay attention to your mental health.

Our Country, State, and City have seen some major challenges over the last year and the future carries a lot of uncertainty right now, but I have seen firsthand the strength and resiliency of our community and know we will come out of this as well.

For more information, please contact City Hall at 501-975-8601

  
Mayor Smith

# Small Business and Unemployment Relief Programs.

The COVID 19 pandemic has created a lot of changes in society, and the economy is no different.

After months of record lows in unemployment and steady growth in the economy, COVID 19 has hit the brakes on all the growth. This has been a difficult time to navigate how to take care of your family and your business. There have been many different programs sent out by the state and federal governments that are designed to help employees and business owners. Navigating these programs can be a challenge to see what fits best for you. Most have heard of the Coronavirus Aid, Relief, and Economic Security or CARES Act that the federal government passed to assist the economy in this time of need. There are also State-sponsored programs that Arkansans can take advantage of as well. Below this article will give a brief breakdown of the programs and how to apply for them.

## Paycheck Protection Program ([sba.gov](https://www.sba.gov))

### The Basics:

The Paycheck Protection Program is a loan designed to provide a direct incentive for small businesses to keep their workers on the payroll. SBA will forgive loans if all employees are retained on the payroll for eight weeks, and the money is used for payroll, rent, mortgage interest, or utilities. You can apply through any existing SBA 7(a) lender or through any federally insured depository institution, federally insured credit union, and Farm Credit System institution that is participating. Other regulated lenders will be available to make these loans once they are approved and enrolled in the program. You should consult with your local lender as to whether it is participating in the program. Lenders have begun processing loan applications as of April 3, 2020. The Paycheck Protection Program will be available through June 30, 2020. Contact your local bank for information and to apply.

### Who Can Apply? :

The following entities affected by Coronavirus (COVID-19) may be eligible:

- Any small business concern that meets SBA's size standards (either the industry based sized standard or the alternative size standard)
- Any business, 501(c)(3) non-profit organization, 501(c)(19) veterans organization, or Tribal business concern (sec. 31(b)(2)(C) of the Small Business Act) with the greater of:
  - 500 employees, or
  - That meets the SBA industry size standard if more than 500
- Any business with a NAICS Code that begins with 72 (Accommodations and Food Services) that has more than one physical location and employs less than 500 per location
- Sole proprietors, independent contractors, and self-employed persons

## Economic Injury Disaster Loan Emergency Advance ([sba.gov](https://www.sba.gov))

### The Basics:

In response to the Coronavirus (COVID-19) pandemic, small business owners in all U.S. states, Washington D.C., and territories are eligible to apply for an Economic Injury Disaster Loan advance of up to \$10,000. This advance will provide economic relief to businesses that are currently experiencing a temporary loss of revenue. Funds will be made available following a successful application. This loan advance will not have to be repaid.

### Who Can Apply? :

The SBA's Economic Injury Disaster Loan provides vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing as a result of the COVID-19 Pandemic. This program is for any small business with less than 500 employees (including sole proprietorships,

independent contractors and self-employed persons), private non-profit organization or 501(c)(19) veterans organizations affected by COVID-19.

Businesses in certain industries may have more than 500 employees if they meet the [SBA's size standards](#) for those industries.

The Economic Injury Disaster Loan advance funds will be made available within days of a successful application, and this loan advance will not have to be repaid.

## SBA Express Bridge Loans ([sba.gov](https://www.sba.gov))

This allows small businesses who currently have a business relationship with an SBA Express Lender to access up to \$25,000 quickly. These loans can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing and can be a term loan or used to bridge the gap while applying for a direct [SBA Economic Injury Disaster Loan](#). If a small business has an urgent need for cash while waiting for decision and disbursement on an Economic Injury Disaster Loan, they may qualify for an **SBA Express Disaster Bridge Loan**.

### Terms

- Up to \$25,000
- Fast turnaround
- Will be repaid in full or in part by proceeds from the EIDL loan

## State Quick Action Loan Program ([Arkansasedc.com](https://www.arkansasedc.com))

Pursuant to the direction of Governor Asa Hutchinson and Secretary of Commerce Mike Preston, the Arkansas Economic Development Commission has established a loan program to provide assistance to businesses affected by the COVID19 outbreak. The program will be funded through an allocation of \$4,000,000 from the Governor's Quick Action Closing Fund, and an additional \$3,000,000 from Attorney General Leslie Rutledge's Consumer Education and

Enforcement Fund. The Quick Action Closing Fund allocation will prioritize companies that are in the supply chain of essential goods and services, including healthcare, food manufacturers, and logistics. The allocation from the Attorney General will support small businesses. The program includes both loan guarantees and direct lending to businesses. Go to [www.arkansasedc.com/covid19resources/business-resources](http://www.arkansasedc.com/covid19resources/business-resources) for full details.

## Unemployment Insurance ([ezarc.adws.arkansas.gov](http://ezarc.adws.arkansas.gov))

Due to extremely high demand in Arkansas and nationwide, this site may take extra time to connect. Please keep refreshing your browser window or try a new browser window until you are connected. We appreciate your patience and understanding as we are experiencing delays in the EZARC online application system. Currently, the hub is being saturated from all states due to the COVID-19. Claimants are asked only to enter a Social once, not several times.

HOTLINE TO APPLY: 1-844-908-2178 or 501-534-6304

HELPDESK FOR QUESTIONS: 1-855-225-4440 or 501-682-2121

Receive or drop off a paper application at your local Workforce Center. Because of Social Distancing Guidelines, we are only allowing clients in the foyer of most workforce centers one at a time to receive or drop off paper applications and lines may be long. Please see the list of local Workforce Centers here: [www.dws.arkansas.gov/contact/](http://www.dws.arkansas.gov/contact/)

You can find the paper application here to print: [www.dws.arkansas.gov/src/files/PDF501\\_BLANK\\_v022020.pdf](http://www.dws.arkansas.gov/src/files/PDF501_BLANK_v022020.pdf)

**ALL CLAIMS WILL BE PROCESSED.** However, it may take additional time due to unprecedented claim numbers. Please have patience. For claims filed on or after March 16, 2020, the valid waiting period requirement has been waived for thirty (30) days due to the COVID-19 Pandemic. Therefore, claims that are “otherwise eligible” should expect payment of benefits the following week. However, different situations may exist that could delay receipt of benefits.

We thank you for your patience as we all work together to support one another during this difficult and unpredictable time.

Questions? Email [UI.General.Questions@arkansas.gov](mailto:UI.General.Questions@arkansas.gov) Use this for basic questions regarding the unemployment insurance program. Please DO NOT use this email address to file a claim or ask claim-related questions.

## Federal Unemployment Insurance Relief ([dol.gov](http://dol.gov))

### How Do I Apply?

To receive unemployment insurance benefits, you need to file a claim with the unemployment insurance program in the State where you worked. Depending on the State, claims may be filed in person, by telephone, or online. The federal amount of \$600 will be added to your state benefit.

## Economic Impact Payments or “Stimulus Checks” ([irs.gov](http://irs.gov))

As part of the CARES Act - the \$2.2 trillion stimulus package - the federal government is sending stimulus checks (also known as Economic Impact Payments) to millions of Americans.

Who is Eligible? :

U.S. residents will receive the Economic Impact Payment of \$1,200 for individual or head of household filers, and \$2,400 for married filing jointly if they are not a dependent of another taxpayer and have a work-eligible Social Security number with adjusted gross income up to:

- \$75,000 for individuals
- \$112,500 for head of household filers and
- \$150,000 for married couples filing joint returns

Taxpayers will receive a reduced payment if their AGI is between:

- \$75,000 and \$99,000 if their filing status was single or married filing separately
- 112,500 and \$136,500 for head of household
- \$150,000 and \$198,000 if their filing status was married filing jointly

The amount of the reduced payment will be based upon the taxpayers specific adjusted gross income.

Eligible retirees and recipients of Social Security, Railroad Retirement, disability or veterans’ benefits as well as taxpayers who do not make enough money to normally have to file a tax return will receive a payment. This also includes those who have no income, as well as those whose income comes entirely from certain benefit programs, such as Supplemental Security Income benefits.

Retirees who receive either Social Security retirement or Railroad Retirement benefits will also receive payments automatically.

People who filed a tax return for 2019 or 2018

No additional action is needed by taxpayers who:

- have already filed their tax returns this year for 2019. The IRS will use this information to calculate the payment amount.
- haven’t filed yet for 2019 but filed a 2018 federal tax return. For these taxpayers the IRS will use their information from 2018 tax filings to make the Economic Impact Payment calculations.
- There are other individuals such as low-income workers and certain veterans and individuals with disabilities who aren’t required to file a tax return, but they are still eligible for the Economic Impact Payments. Taxpayers can check the [IRS.gov](http://IRS.gov) tool - [Do I Need to File a Tax Return?](#) - to see if they have a filing requirement.
- If you don’t have to file, use the “[Non-Filers: Enter Payment Info Here](#)” application to provide simple information so you can get your payment.

We hope this information helps. For easy access to these and many others, please go to:

[nlr.ar.gov/news/covid-19\\_updates](http://nlr.ar.gov/news/covid-19_updates) and click on the COVID-19 Business Tool Kit. 

The AEDCE is working to bring to our members the best resources and information possible to help you navigate the challenges of the coronavirus pandemic. One tool we've created is this Coronavirus Business Toolkit. Links we've provided will lead to a vast library specifically for small business. Contact us with your questions and needs. [nlr.ar.gov/news/covid-19\\_updates](http://nlr.ar.gov/news/covid-19_updates)



**Paycheck Protection Program**  
CARES business loan program details



**AEDC Quick Action Loans**  
Arkansas business loan program



**Small Business Administration**  
Small business loan resources & help



**Arkansas State Chamber**  
Employer resources, state & federal news



**Health Insurance Marketplace**  
Arkansas health insurance portal



**Unemployment Benefits**  
Online application for UI benefits



**COVID Business Guide**  
Daily COVID-based business news



**CDC Updates**  
Statistics, guidance for employers and employees



**COVID Screening App**  
Collaboration of Apple, CDC, White House & FEMA



**Live Blog**  
Authored by U.S. Chamber each day



**DF&A Sales Tax Guidance**  
Arkansas sales & use tax collection portal



**Essential Critical Workforce**  
Official Homeland Security designations

# A View from Baptist Hospital



Recently during one of Mayor Smith's weekly addresses, Mayor Smith had a sit-down interview with Dr. Brad Jenkins of Baptist Health. Dr. Jenkins is the Chief of Emergency Medicine and the Emergency Department Director for Baptist Hospital here in North Little Rock. He is a lifelong North Little Rock resident, a graduate of Northeast High School and UAMS. Mayor Smith and Dr. Jenkins wanted to discuss the COVID-19 pandemic, and its effects on the city and its residents.

One of the main points that Dr. Jenkins wanted to make was to clear up some misconceptions about who is at risk and how it spreads. "Our young people feel they are impervious to this virus. And if I do get it, it's not going to do much to me." While that may be the case, since the virus mainly affects those with weakened immune systems due to other conditions or those over the age of 65, you can very quickly transmit COVID-19 no matter how old you are. "I can't stress enough that they (young people) do social distancing." Dr. Jenkins understands, he has four teenagers of his own at home.

The hospital is taking great care to make sure that everyone is safe when they enter the facility.

There are no visitors allowed in the building, and each time an employee enters the building, they are screened and asked a series of questions to make sure they aren't suffering symptoms.

All staff members are vigilant in using the proper PPE and practicing good hand hygiene. "If a person comes into the ER, they are being screened before they are admitted into the waiting room if they have symptoms they are taken down a separate hallway and kept away from other patients, so we don't risk cross-contamination."

Dr. Jenkins left us with some tips to observe. Proper hand hygiene is the best way to keep yourself safe. Gloves only work if you change them with every activity you do, washing your hands consistently is better than

wearing gloves. Another tip that Dr. Jenkins shared is to remove your shoes when coming in the house. Social distancing should be engrained into everyone's head by now, but please keep it going. Clean the surfaces that are high touch areas, countertops, keyboards. If you have the need to go to the grocery store, please send one person if you can. Please try and take advantage of curbside pickup to cut down your chance of exposure.

We thank Dr. Jenkins and all our dedicated nurses, doctors, and staff that are on the front line of keeping us safe and healthy.

You can view the interview on the City of North Little Rock's Facebook and YouTube Channel. 



# Carryouts, Curbside, and Drive Thru



available at [NorthLittleRock.org](http://NorthLittleRock.org), and it is regularly updated. Also, a free app, "Explore NLR," where you can find nearby restaurants with curbside or delivery based on your location.

We're not asking people to do something out of the ordinary; when it's lunchtime, where's your favorite place to go? When it's your usual date night, what's your favorite meal? If you're trying to feed the whole family at the end of a busy day, what do you do? Consider your favorite go-to restaurants and see if they're offering curbside or delivery. They need your continued support right now, and you still get fantastic meals.

Visit [NorthLittleRock.org](http://NorthLittleRock.org) to find out which restaurants are offering curbside or delivery. If they're not, almost every restaurant will let you call ahead and order for pick up.. 

**T**here are more than 200 restaurants in North Little Rock that employs hundreds, from chains to locally owned small businesses.

We are proud of our local business owners. During the coronavirus outbreak, our restaurants have had to adapt to ever-changing standards and protocols to operate, first enforcing social distancing, then closing their dining rooms and going to pick up or delivery only. In a short amount of time, they've had to implement all-new services.

We are encouraging our community to support these North Little Rock businesses during this time. Especially for those of you who are tired of

cooking at home, or those of you who are working long hours at the hospital, you can't go wrong with a good meal.

Many North Little Rock restaurants are now offering new services to take better care of customers, including curbside service, delivery, and even family packs.

Even while their businesses are experiencing some changes, some restaurants are still trying to give back by offering special discounts for those in the medical field, military, or law enforcement that are in uniform or show ID. The list is



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# Support Local: North Little Rock Restaurants With Curbside or Delivery

If you're missing your favorite local cheese dip, burgers, or good Southern-style comfort food right now, never fear; your favorite North Little Rock restaurants are taking care of you through curbside and delivery. Don't forget, almost all restaurants offer to-go by just calling ahead.

- [Boudreaux's Bar & Grill](#)
- [BJ's Market Cafe](#)
- [BJ's Restaurant & Brewhouse](#)
- [Butta's Grill](#)
- [Chili's Grill & Bar](#)
- [Corky's](#)
- [Cracker Barrel](#)
- [David's Burgers](#)
- [Eat My Catfish](#)
- [Firehouse Subs \(Lakewood\)](#)
- [Firehouse Subs \(Maumelle\)](#)
- [Freddy's \(drive-thru\)](#)
- [Grampa's Catfish & Seafood](#)
- [Great American Wings](#)
- [Hawgz Blues Cafe \(food truck out front\)](#)
- [Hooters](#)
- [Jacob's Wings & Grill](#)
- [Jason's Deli](#)
- [Kibb's Grand Bar-B-Que \(walk-up\)](#)
- [Lindsey's Hospitality House & BBQ](#)
- [McAlister's](#)
- [Mick's Bar-B-Q \(walk-up\)](#)
- [Mojo's Dairy Bar \(walk-up\)](#)
- [Mr. Cajun's Kitchen \(walk-up\)](#)
- [Nana's Organix](#)
- [North Bar](#)
- [Outback Steakhouse](#)
- [Raising Cane's](#)
- [Subway](#)
- [Schlotzsky's \(drive-thru and curbside\)](#)
- [Wingstop](#)
- [Wink's Dairy Bar \(walk-up\)](#)

## Asian

- [Benihana](#)
- [Chicot Hibachi](#)
- [Crazy Hibachi](#)
- [Egg Roll Express \(drive-thru\)](#)
- [Great Wall Chinese Restaurant](#)
- [The Hybrid Kitchen](#)
- [Kanpai Japanese Steakhouse](#)

## Bars & Breweries

- [Crush Wine Bar](#)
- [Diamond Bear Brewing](#)
- [Flyway Brewing](#)

## Coffee & Breakfast

- [Black Bear Diner](#)
- [Daylight Donuts \(drive-thru\)](#)
- [The Joint Theater & Coffeehouse](#)
- [Littlefield's Cafe](#)
- [Mark's Do-Nut Shop \(drive-thru\)](#)
- [Morningside Bagels \(drive-thru\)](#)
- [Mugs Cafe](#)
- [Paul's Donuts \(drive-thru\)](#)
- [Shipley's Donuts \(drive-thru\)](#)

## Desserts, Shakes & Snacks

- [360 Fit Nutrition](#)
- [Argenta Nutrition](#)
- [Cozy's \(walk up\)](#)
- [Maumelle Hub](#)
- [North Little Rock Nutrition Hub](#)
- [The Original Scoopdog \(drive-thru\)](#)
- [The Popcorn Spot](#)
- [TCBY \(drive-thru\)](#)

## Mediterranean

- [Layla's Gyros & Pizzeria](#)
- [Taziki's Mediterranean Cafe](#)

## Mexican/South American

- [Blue Coast Burrito](#)
- [Cactus Jack's](#)
- [Chuy's](#)
- [Las Delicias](#)
- [Las Palmas](#)
- [Moe's Southwest Grill](#)
- [Mojitos & Margaritas Grill & Bar](#)
- [Santo Coyote](#)
- [Tacos 4 Life](#)
- [Taqueria Azteca \(drive-thru\)](#)

## Pizza & Italian

- [American Pie Pizza \(North Hills\)](#)
- [American Pie Pizza \(Maumelle\)](#)
- [Larry's Pizza](#)
- [Olive Garden](#)
- [U.S. Pizza \(Pike Avenue\)](#)
- [U.S. Pizza \(McCain Park\)](#)

## Seafood

- [Lakewood Fish & Seafood House](#)
- [The Mighty Crab](#)



# ALONZO "LONNIE" CLAYTON

Alonzo "Lonnie" Clayton rode to horse-racing fame on May 11, 1892, when the 15-year-old led Azra to victory by a nose in the Kentucky Derby. As a teenager Clayton became a national figure, known as a come-from-behind artist who won high stakes races from New York to California.

After moving to Argenta in 1886 with his parents, Clayton ran away from home three years later to join older brother Albertus who rode for E.J. "Lucky" Baldwin in Chicago. The 90-pound Lonnie debuted as a jockey in 1890 at Clifton, N.J. and won his first race later that year.

Still the youngest jockey to grace the winner's circle of the Kentucky Derby, Clayton finished in the money in three more Kentucky Derbies over the next few years. By 1898, he had won dozens of major races.

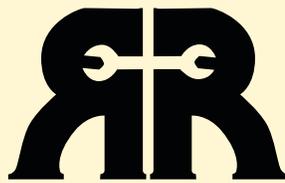
With his winnings, Clayton built a Queen Anne style home at 2105 Maple Street in North Argenta, which the Arkansas Gazette described in 1895 as the "finest house" on the north side. He and his family lived there until 1899. The two-story house with a full attic, owned by Ferrell and Linda Johnson, still stands and is listed on the National Register of Historic Places. 



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Send in your requests using our Report and Repair system and get email confirmation of when your issue has been addressed. Follow the "report a problem" link on our homepage or download the app.

United States  
Census  
2020

The 2020 Census is in full swing, and North Little Rock wants everyone to count. Check out this two minute video on our website [nlr.ar.gov](http://nlr.ar.gov). Also if you are interested in working for the U.S. Census Bureau, check out that information as well.



This issue of the Proud Magazine has a lot of links in it taking you to vital information. If you go to [nlr.ar.gov](http://nlr.ar.gov), you will find our virtual magazine. There, all of the links are active. That makes it a little easier.

# 2020 Census Update



**IMPORTANT REMINDER:** If you have misplaced your mailer (with your 12 digit ID #) from the Census Bureau, you can still fill out your Census. Simply go to [2020census.gov](https://2020census.gov) and scroll down to where you can enter your address to begin.

In light of the COVID-19 outbreak, the U.S. Census Bureau has recently adjusted 2020 Census operations in order to: 1) Protect the health and safety of the Census Bureau employees and the American public. 2) Implement guidance from federal, state, and local health authorities. 3) Ensure a complete and accurate count of all communities.

The table below summarizes the adjustments to operations. Should any additional adjustment become necessary, the Census Bureau will promptly publish the change in an updated document. 

Nothing to do during this time of social distancing or simply staying at home, fill out the 2020 Census! With \$675 Billion in federal funds distributed to cities across the United States based on the Census data, completing the Census is SO IMPORTANT to the future of North Little Rock. We are fortunate to be able to fill out the 2020 Census online for the first time EVER. There are nine simple questions and it should only take about ten minutes to complete.

As of April 7<sup>th</sup>, North Little Rock's self-response rate of 45.6% continued to trend above the state of Arkansas' rate of 43.3%. The National average on that date was 46%. It is so important that we continue to spread the awareness of the 2020 Census to ALL of our residents in North Little Rock. This will impact our medical and education facilities and programs, as well as our highways and roads amongst many other programs over the next ten years. COUNT ME IN is our tagline for the 2020 Census and our goal is to count EVERYONE!



## STATUS OF CURRENT OPERATIONS

Activity/Operation	Planned Schedule	Revised Schedule
Self-Response Phase	March 12-July 31	March 12-October 31
Nonresponse Followup/Reinterview	May 13-July 31	August 11-October 31
Group Quarters Enumeration	April 2-June 5	July 1-September 3
Service-Based Enumeration	March 30-April 1	TBA (needs further review)
Census counts homelessness	April 1	TBA (needs further review)
Enumeration of Transitory Locations	April 9-May 4	September 3-28 (tentative)
Deliver counts to the President	By December 31	October 31-April 30, 2021
Deliver redistricting counts to states	By April 1, 2021	May 1-July 31, 2021

# The New Normal



Mayor Smith uses the passage between the council chambers and the control room to exit after a meeting. The stairs were used to bring prisoners from the jail in the basement to the courtroom, which is now the council chamber. If you look on the side of City Hall above the side door, it still read “Courts.”

City Council this past month took the term social distancing to a new level. As cities across the country use technology to keep up with the demands of running city governments, North Little Rock is no different. The North Little Rock IT department at the city is using the popular meeting app Zoom to bring us all together at a safe distance. Four team members spent days getting the system up so it would “talk” to the existing broadcast system. If you look at a wide shot



City Clerk Diane Whitbey in her non-medical mask.

of the council chamber, you will see the Mayor, City Clerks, and City Attorney. What you can’t see are three or four technicians just out of camera shot. They are responsible for keeping the computer signals up and running and problem-solving in real-time any



A shot of the control room with all of its monitors.

malfunctions that may occur. Also, as always, there is the director of the program in the control room switching the cameras and monitoring the audio and signal, which goes out on Facebook, Comcast, and ATT Uverse.

Mayor Smith said, “I certainly want to thank our IT department who

did a wonderful job of putting this all together. And on halfway training us on how to do it. You guys did wonderfully; IT and council members both. I’m pleased, as I can be. We are through two meetings in 52 minutes.” The Mayor announced that right now, we consider this the norm. 

# What We Are Watching

One of the recommendations to prevent the spread of COVID-19 is to shelter in place. While the thought of staying at home for some is a nightmare, for others of us, well, we've been training for this for years. The idea of sitting on your couch with a Netflix account or curling up in that particular spot with your favorite book is not a bad way to save a life. Here is what City Hall is watching.

**Mayor Joe Smith** is hoping the Razorback games will be aired eventually as he is a big fan of the Hogs. He has been passing the time reading "Leadership in Turbulent Times" by Doris Kearns Goodwin.

**Chief of Staff Danny Bradley** is an avid reader and a fan of "Breaking Bad." His recommendation for watching is "Better Call Saul." He said, "If you're a fan of 'Breaking Bad,' then you will like this show. The show fills in some of the backstories." He said he is reading "The Laws of Human Nature" by Robert Greene.

**City Clerk/Treasurer Diane Whitbey** is watching the Andy Griffith Show. "I used to watch it when I was a child, and I stumbled upon them again one night recently when nothing was on. Now I'm addicted. The shows are light-hearted (for the most part) and who doesn't need that right now. But they also contain topics and issues from the 1960s that are still prevalent and relevant today." The book she's reading is "Murder on the Orient Express."

**Fit2Live Director Isaac Henry** is watching the "Tiger King," "Dave Chappelle," "Ozark," "You," and "Mad Men" all on Netflix.

**Communications Director Jim Billings** is turning to Prime for his television. He is watching a Canadian comedy called "Corner Gas." It's a show about the town of Dog River, Saskatchewan and the odd cast of characters. He is reading the biography of Margaret Bourke-White, the photographer.

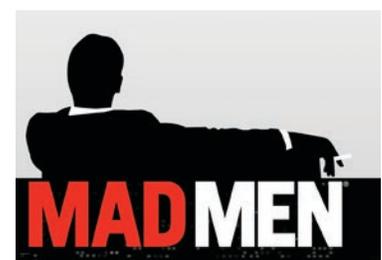
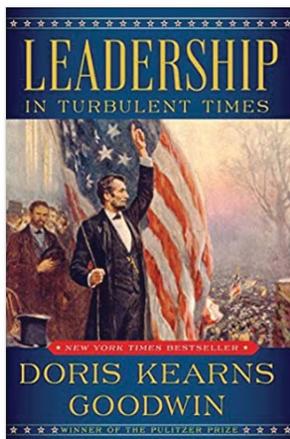
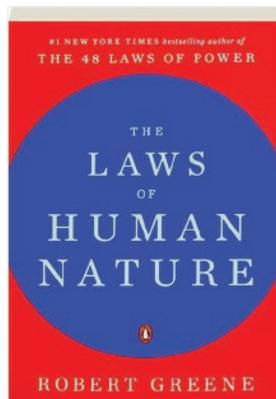
**Charlotte Thomas** has a plethora of favorite shows, "This Is Us" Because it's all about family. If you miss a few episodes, you will undoubtedly be confused until you see the show that was lost.

"Also love medical pictures" because you realize the doctors have genuine concern and affections toward the care of their patients.

Turn on the TV, grab that good book, get out the family games, or work on your hobby, but remember that staying home saves lives. 



Mayor Smith sports his favorite mask.



# Fit 2 Live

The COVID-19 pandemic has made us all change the way we do things in our personal lives, with our children, the way we handle business, and also the way we look at our health and wellness. Now more than ever, we must make sure that every decision we make is in the best interest of our health and the health and wellness of everyone around us. Here are a few tips from the desk of the Fit2Live Director.

## Tip #1 Social Distancing



Social distancing, or physical distancing, is a set of non-pharmaceutical interventions or measures taken to prevent the spread of a contagious disease by forming a physical distance between people and reducing the number of times people come into close contact with each other. While we are a very close-knit community in North Little Rock, it is essential that we practice social distancing at this time. Healthcare professionals all over the world have stated that this is the best way to fight this virus that has upended the way we live our lives.

## Tip # 2 Hand Washing/Sanitizing

Handwashing remains one of the best ways to prevent the spread of Coronavirus (COVID-19). It's common sense, and it works. However, it must be done correctly and with soap and water. When soap and water are not available, the next best option is to use an alcohol-based hand sanitizer with at least 60% alcohol content. Be sure to get your hands under clean running water. Lather your hands with a generous amount of soap and scrub the hands for at least 20 seconds. Rinse hands thoroughly with running water and gently wash away the soap. Dry your hands entirely and use a disposable paper towel to avoid leaving germs on towels. Please try your best to avoid touching doorknobs, toilet flush handles, and faucets after washing your hands.



## Tip #3. Working Out

Coronavirus concerns, social distancing, gym closures, and home confinement may tempt you to curl up on the couch and binge-watch Netflix or lose yourself all day in a great novel. But regular exercise is essential for supporting healthy immune function, preventing weight gain (which can impair immune function), boosting your mood, and keeping you as healthy as possible (and out of the hospital or emergency room) during this challenging global pandemic. With the world feeling a bit out of your control, now is the perfect time to take control of your health by building daily exercise into your schedule. You should aim for at least 30 minutes of cardiovascular exercise each day, plus strength training at least twice a week. This will help prevent weight gain (especially if you are diabetic or pre-diabetic), as most people are probably burning far fewer calories than they usually do because of severe limitations in daily activities. Outdoor exercise, including running, biking, hiking, and walking, has the added benefit of providing a little sun exposure to boost your vitamin D levels. Vitamin D is produced in your skin with sun exposure, and getting outdoors, especially in nature, if possible, may even help boost your immune system and mood. Just follow the guidelines for social distancing.

Our City is unlike any other because of the great people that live, work, and play here. We will get through this trying time together with discipline and perseverance. 

# Old Mill Diorama Gets A New Home



The replica was at the Advertising and Promotion (Convention and Visitor's Bureau) offices at Burns Park. When they moved to their new location downtown, City Hall acquired the replica. It is now in the hallway next to the grand staircase.

Some people draw, some write, some build replicas of North Little Rock landmarks. So is the case of Merle Dodd of Bryant. He created this replica for the 75th anniversary of the construction of the Old Mill in 2008.



Merle Dodd (center) and his family attend the rededication of the Old Mill for the 75th anniversary.

The Old Mill, also known as Pugh's Mill, was built in 1933. Justin Matthews contracted for the construction of a recreation of an 1880's water-powered gristmill. He chose to design something that would fit the contour of the area and would appear as if it belonged in Arkansas and had been there since the 1880s.

Señor Dionico Rodriquez, a sculptor, and artist of Mexico City was responsible for all the stonework. Its rustic charm and scenic setting earned the Old Mill a place in the opening scenes of the 1939 movie "Gone With The Wind." It is the only remaining structure from that film. The Old Mill was placed on the National Register of Historic Places in 1986. 

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**Emergency dial - 911**