
NLR Neighborhood News

It's Flu Season. Have You Had Your Vaccine?

We are all familiar with the flu, the seasonal virus that affects 5 to 15% of us every year, making us feverish with a runny nose, cough and body aches. It is spread by airborne droplets and particles from coughs and sneezes and by touching an infected surface and then touching ones mouth or eyes.

Influenza mutates quickly enough that our bodies are often incapable of recognizing it from one season to the next and so we can either get an annual flu shot or face a much higher risk infection. The flu moves across the equator, so while winter is flu season, over the spring and summer it moves south of the equator then returns to us the next winter. Vaccines are put together each year with an eye to which strains are the most likely to return north.

Over the past four decades the flu has killed 3000 to 48,000 Americans each year depending on the strain. More than 90% of the deaths are over the age of 65. Worldwide it kills up to ½ million people annually. Again, the usual victims are the elderly or the very young.

Sometimes an entirely new and virulent flu virus enters the population and spreads worldwide. This is called a pandemic. In 1918 the Spanish Flu (so called because the Spanish newspapers were the first to report on it) started in the central United States and spread worldwide. In the U.S. it infected more than 25 million people, killed 670,000 of them, and dropped the average life expectancy in our country by twelve years. 50% of the U.S. military deaths in World War I were caused by the Spanish Flu. It also tended to kill healthy young adults.

Today top public health experts routinely rank influenza as potentially the most dangerous emerging health threat we face. Tom Frieden, former head of the Centers for Disease Control and Prevention said, "The biggest concern is always for an influenza pandemic."

To reduce your chances of getting the seasonal flu get a flu shot every year. Most insurance companies pay for them and they are available at doctors' offices and pharmacies. The Health Department offers them and runs drive-through clinics each fall. Wash your hands often. Don't touch your face. Cover your coughs and sneezes. Stay home if you get the flu so you don't spread it to your co-workers. Follow doctors instructions if you do get the flu.

(Information on this article came from The National Geographic and Smithsonian.)

Neighborhoods Working To Make The Difference!

Amboy Neighborhood Association through the course of the year, purchased for the Youth Challenge cadets personal supplies including body wash, foot powder, and toothpaste (large quantities) for total expenditures of \$1,850. The Youth Challenge cadets were included in two of our events (feeding 120 kids is expensive!).

Project Angel Tree is an endeavor started about three years ago. It has a two-fold purpose. First is to identify families in need in the community who without some help would have no Christmas. This accomplishment is done with the help of the board of directors and local ministers selecting families. Secondly, the association gives 1) direct support to the local Amboy Food Pantry and 2) Kroger gift cards to food pantry recipients (randomly selected) to help supplement their holiday food supplies.

This year, a Pack-Shack Funnel Party event was held that supplied the Food Pantry with over 5,000 meals. Most of the funding (\$1,250) was from grant funds, but \$350 came from Amboy

and neighboring communities' donations and help at the party. In December, approximately \$1,500 was spent on selected families in need and Kroger gift cards.

Over 40 flags were posted on Military Drive for 12 different 'holidays'. These 'events' are attended not only by the membership, but by other folks in the area wanting to participate in these patriotic activities. Along this same drive and at the 'Welcome Wall', many plants and planters along with the Tommy Warren Memorial are maintained. The brass plaque on the monument was upgraded this year.

National Night Out (though it was a wet one) was well attended and with grant funds, we managed to provide a totally FREE event for our Amboy neighbors – including the Youth Challenge Cadets!

Supporting the local Amboy Elementary School is also very important to the neighborhood. In coordination with the Amboy PTA, over \$300 was purchased and contributed for much-needed teachers' supplies.

Continued on page 3.

Amboy Neighborhood Association Bench Project

A special project to supply a park-style bench for Amboy neighbors who use the bus for transportation was completed. This project was fully funded by a grant and was quite an effort to coordinate with all parties involved. We are very proud of the completion of this one!



Additionally, a ‘welcome back’ teachers breakfast (August) for all teachers and staff was provided.

Participation in the Great NLR City Clean-up and Christmas caroling at the VA Hospital at Ft. Roots. Events were held (during regular scheduled monthly meetings) that recognized local businesses, law enforcement, firemen, and EMT personnel. Each meeting a forum was provided for attendees to interact with the NLR City council members, NLR Police, State Representative, and other public entities.

Flag details (groups of folks holding flags) were organized to ‘Welcome Home’ returning Arkansas National Guard members who were returning from deployment.

Dixie Addition CDC stayed busy in 2017. They held a regular community meeting on the 3rd Monday of each month at 6:00 pm. Club Eco (Enhancing Children’s Opportunities) sponsored a summer/after school feeding program to the area children. They had 35 children participating and the number continues to grow. This year’s National Night Out was a success in spite of the wet weather. At the end of October a Fall Fest Halloween event was held. Cynthia White with Centennial Bank assisted with the community Christmas Angel Tree program. This neighborhood is looking forward to 2018. The list of goals include increasing voter registration, completing the requirements for a community garden; continue meeting monthly; establishing computer office training; monthly Med-Clinic; summer school program; after school program; back-to-school supply give-away; National Night out and the Christmas Angel tree.

Sherman Park Neighborhood Association held a fund raiser and gave away one \$100 gasoline

gift card. They partnered with Shorter College to host a “Stop The Violence Peace Party”. Eighth Street Baptist Church has worked along with this neighborhood to hold a Fall Health Fair, Halloween Trunk-or-Treat event and the neighborhood donated \$100 worth of school supplies to the church. As of publication time the neighborhood is planning on participating in the NLR Christmas parade and to host a Christmas party for the Sherman Park community children under the age of 12. This event will include a photo shoot with Santa, games, food, gifts and prizes.

Rose City Neighborhood Association sponsored Rose City Day in April. This event has been held annually since 2015. The association decorated the Rose City Police Substation grounds for Christmas. Rose City Neighborhood Association members are looking forward to Rose City Day and National Night Out in 2018.



**All City offices
will be closed for
the following
holidays.**

New Year’s Day-January 1

**Martin Luther King, Jr. Day -
January 15**

Presidents Day - February 19

For sanitation pickup schedule

call 501-371-8345.

Questions? Contact the Following.

All meetings are evening meetings unless otherwise noted.

Amboy Crime Watch

Thursday, 6:00

Bimonthly - months of

Jan., Mar., May, July, Sept., Nov.

Amboy Methodist Church

311 Military

Mary Ann Conley 758-1208

Amboy Neighborhood Assn.

Every 3rd Monday, 6:30

Burns Park Hospitality House

Military Drive & Joe Poch

Jonathan Chamblee, 502- 321-9617

jnc@atw-photo.com

Argenta Neighborhood Boosters

Every 3rd Thursday, 6:00

NLR Heritage Center,

506 Main Street

Terri Imus, 920-7371

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.

Ronald Hollis, Jr., 993-7170

Hillview Village Apartments

Neighborhood Watch

Every 2nd Tuesday, 5:30

Hillview Village Apt. Clubhouse

Lynn Goodson, 758-0011

HOLT Neighborhood Association

Every 3rd Monday, 6:30

Gardner Memorial United Methodist

Kim Burgess, 812-9807

Indian Hills Nhood Assn/Crime Wt

Every 2nd Tuesday, 6:30

North View MBC, 6801 JFK Blvd.

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

Evelyn Creal, 945-2870

Melrose Outreach

Every 3rd Wednesday, 7:00

Melrose Grocery, 807 Willow St.

Margo Tenner, 372-3810 or 374-7842

Military Heights

Every 2nd Thursday, 6:30

North Little Rock Community Ctr.

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 Ctr.

4801 Allen

Jennifer Johansen, 771-0520

NLR Friends of Animals

Every 2nd Tuesday, 6:30

NLR Community Center

Joy Stevens, 758-5482

North Little Rock Landlords Assn.

Every 3rd Monday, 7:00

NLR Community Ctr.

2700 Willow St.

Gail Blucker, 835-6679

Park Hill Neighborhood

1st Tuesday, 6:00

Idlewild Park Historic Building

Intersection of D/N Cedar /Plainview

John Gregan, 758-7159

johngregan@att.net

<http://www.historicparkhill.com>

<http://groups.google.com/group/parkhill>

Ridge Road Village Neighborhood Watch

Every 4th Thursday, 5:00

4748 Ridge Road

Michelle Johnson, 771-7500

Rose City Neighborhood Assn.

Every 3rd Monday, 7:00

Rose City Police Substation

Moderator Martha Capps, 945-1272

Scenic Hill Neighborhood Assn.

2nd Thursday, 7:00

January, March, June & September

Yates Phillips, 837-3779

Sertoma Club of North Little Rock

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.

Stone Links Neighborhood Assn.

Every 3rd Tuesday, 6:00

Stone Links Golf Course Clubhouse

Willie C. Thomas, 612-2503

Willow Beach Neighborhood Assn.

2nd Tuesday in March & October,

6:30 Church at Willow Beach

John Santoro, 607-1755

The High Costs of Drugs

In 2015 the anti-parasitic drug Daraprim, effective in preventing pneumonia in AIDS patients, went from costing \$13.50 per pill to costing \$750.00 per pill. There were no increased expenses in manufacturing the drug (it still cost five to ten cents per pill to manufacture). The cost of insulin tripled between 2002 and 2013 despite no notable changes in the formulation or manufacturing process. The EpiPen, a lifesaving allergy medication, saw a price hike of 500 percent over the last seven years after forty years of manufacturing. Evzio, an auto-injected drug used that uses nalozone (an old and inexpensive drug) to treat opioid overdoses jumped from \$690.00 in 2014 to over \$4000.00 in February this year.

The simple reason for the rising prices of medications in the United States is that there is nothing stopping companies from raising prices as much and as often as they want. While other countries bargain with drug companies about prices, the United States allows them to set their own prices. In fact, Medicare, one of the largest purchasers of prescription drugs, is blocked by law from negotiating prices. Meanwhile, the Veterans Health Administration (VHA) has the ability to negotiate drug prices and it pays 80% less for brand name drugs than Medicare.

The costs of bringing a drug through the research and development process to market are often cited when drug prices are discussed. Drug companies can spend ten years and up to \$2.6 billion to bring a new drug to market. Even after accounting for these costs drug companies are **Continued on page 6.**

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

Murry Witcher, 835-0009
Charlie Hight, 994-0670

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P.O. Box 5757 / Zip 72119-5757

3427 North Magnolia Street

North Little Rock, AR 72116

Shirley M. Abel, Editor

Email:

NLRNeighborhoodServ@nlr.ar.gov

Office: (501) 791-8500

Fax: (501) 791-8516

Office Hours

Monday-Friday

8:00 am - 4:30 pm

Comments? We would like to hear from you. If you have neighborhood meetings or activities to be placed in this 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 is a bi-monthly publication.

Please note the following deadlines for information to be published:

Issue	Date
March/April	February 1
May/June	April 1
July/August	June 1
Sept/Oct	August 1
Nov/Dec	October 1



Join a community garden in your neighborhood

North Little Rock has 24 community gardens growing healthy, delicious food!

Want to learn how to grow your own food?

Need more growing space?

Want to volunteer to help others?

There's a garden for you!

NLR Community Gardens
(501) 975-8780
fit2live@nlr.ar.gov
www.nlr.ar.gov/gardens



DRUGS Continued.

among the most profitable public businesses in America. Nine out of ten big pharmaceutical companies spend more on marketing than on research. (Which you will be familiar with if you watch television. Try counting the drug commercials during your favorite shows.) Manufacturers also spend large amounts of money on lobbyists (They had 804 in 2016). 70% of industry sales now come from drugs that originated in small companies which were then purchased by larger drug companies.

There has also been a shift in priorities by drug companies. Only five of the top fifty companies are spending money on new antibiotics because people only need to take an antibiotic for a couple of weeks to get rid of an infection. Companies want to pursue medications for chronic conditions for which people take medicine every day for years. The majority of drugs approved by the FDA are now expensive specialty drugs that target diseases afflicting fewer than 200,000 people. Called "orphan drugs", these medications cost an average \$140,000.00 per year. Development of these drugs

is supported by the government with tax breaks and other incentives. In 2016 the pharmaceutical industry netted \$1.76 billion in orphan drug tax credits. Later, many orphan drugs receive additional approvals as a treatment for other conditions, dramatically increasing the market for the drug.

The May 2017 AARP Bulletin that provided much of the information in this article, had suggestions about what can be done to drop drug costs:

- 1) Let Medicare negotiate drug prices. This could provide a \$16 billion saving annually.
- 2) Allow more drugs to be imported. Setting up a system that allows the safe and legal importation of less expensive prescription drugs would allow consumers to save on medications.
- 3) Create transparency in drug pricing.
- 4) Provide for easier drug comparisons. Increasing the availability of research comparing the safety and effectiveness of drugs treating the same conditions will reduce spending on unnecessary or ineffective treatments.

What happened to those manufacturers that raised the medication prices listed in the first paragraph? Martin Shkreli, the CEO who raised the price of Daraprim was sent to prison, not for price gouging, but for securities fraud at a capital management fund. The price increases of the EpiPen led to the development of a lower cost generic. Alex Azar, the CEO in charge of Eli Lilly when the cost of insulin tripled, has been nominated by President Trump to be Health and Human Services secretary. President Trump says Azar will "be a star for...lower drug prices." Evzio is likely to be supplanted by a recently approved nasal spray version of Narcan if the states requiring first responders to specifically carry Evzio can rewrite those laws.

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