No Booze News

Intergroup Council of West Central Arkansas

Volume LXLIII Number 2

April - May - June 2025

OUR DISTRICT 8 MEETING IN PRINT!

NEXT MEETING

The Intergroup Council's next meeting is Sunday, April 27, 2025, at 2:00 p.m. at 411 Sellers, Hot Springs, Arkansas

INTERGROUP COUNCIL

John K., Chairperson Kaycee R., Secretary Paul K., Treasurer Tv W., Webmaster Amber B., Answering Service Mara M., Editor, "No Booze News" Amie Michelle R., Volunteer Coordinator & Chair, Autumn Picnic Don W., East Gate Group Bob S., Green House Group MaryAnne L., Hot Springs AA Terry T., Rock House

John's Story...

Service is our Third Legacy. What does that mean to us, members of Alcoholics Anonymous?

AA is more than a set of principles; it is a society of alcoholics in action. An A.A. service is anything we do to reach the still suffering alcoholic — this ranges from taking an after hours phone call or buying a cup of coffee for an alcoholic to A.A.'s serving on or chairing committees. Committee Services are vital to the effectiveness of carrying the message *into* our communities!

Committee services include interviewing and recording members for the Archives; CPC and PI carry pamphlets and book to doctors offices, hospitals, and provide speakers for public activities like medical school orientations. Group Relations unites the District 8 members' groups by ensuring they are informed of all District meetings and activities as well as organizing events like the annual Bake at the Lake. Corrections and Treatment Committees carry our message of recovery into Arkansas institutions weekly offering hope and support and a future.

Intergroup Council provides an After Hours Answering Service that needs 12th-Steppers who will answer their phones and provide assistance. Sometimes this is just listening, other times it is arranging to get a person to their first meeting. The Bookstore sells necessary Conference Approved publications.

ALL are Third Legacy Services. ALL need Volunteers. Your participation is encouraged! Your talents and time are needed. Your service will give you purpose and fulfillment, while helping another alcoholic achieve recovery. Your talents and time are needed!

INTERGROUP ANSWERING SERVICE, 24 HOURS-7DAYS A WEEK: 501-623-6328

Check out the Intergroup Council's outstanding website! https://aawcar.org/
All District 8 meetings locations, days & times with contact information; District 8 events; the online Intergroup Bookstore; current & past No Booze News issues.

BOOKSTORE: 411 Sellers Street, Hot Springs; Open before & after the 8:00 a.m., Noon, & 8:00 p.m. meetings. If you need to purchase books at other times, send John K. a text at 501-282-9838 or order on our website.

SECOND CHANCE AT LIFE

April 23, 2023, marked my sobriety date, a pivotal moment in my life. Growing up, I was a good kid, smiling, outgoing, and academically successful. But beneath my facade was a restless spirit, eager to push boundaries.

In the 80s and 90s, my strict and religious family was a sprawling network of relatives. Alcoholism ran in our bloodlines, forbidden to me. This prohibition only fueled my curiosity and the allure of the forbidden intoxicant.

The first sip unlocked a world of painlessness and invincibility. My love affair with alcohol consumed me, insidiously creeping into every aspect of my being. That rush, that escape, was everything I never knew I was missing.

By 14, drinking was my solace, a balm for the rage that simmered beneath my skin. At 16, I confided in a friend about the abuse I had endured and urged my parents to know. Unloading that burden was meant to be liberating, but it set me on a path of self-destruction. I felt unshackled, free to rebel against my teachings.

The first DUI at 17 led to legal trouble and a judge's order to join AA. I was thrust onto a collision course with my mortality, but I was relentless, pushing harder, drinking more—my desire to escape overwhelming any sense of self-preservation.

In Denver, I transformed from a vibrant young girl into a ghostly figure, haunted by alcoholism. My family's absence left me isolated, and I was resigned to a life of jail, rehab, and detox.

Despite numerous attempts to end my life, my mother and aunt took me to Arkansas for

Second Chance, Con't page 3

PLAIN OLE GARDEN VARIETY

Born in Memphis, TN, on Christmas Eve, my birthday was never celebrated, no cards or presents. Instead we all celebrated the Christmas Holidays. My birthday wasn't important. I didn't get any cards, or birthday gifts, or have a party. My birthday was just forgotten; I was forgotten.

While still an infant, my parents moved to Chicago, IL. When they divorced my sister and I went with our mother. My mother eventually married again and four more children were added to the family. My dad's new wife brought another four children. Even surrounded by parents, nine children, aunts and uncles, I was alone; I was different. I was alone.

We moved into my step-father's house. His mother was bedridden and lived in the living room, on a hospital bed. The house was rat infested. I remember I waking to a rat in my bed. I couldn't sleep the rest of the night and had trouble sleeping after that. My teacher called my mother to school and told her I had changed from a great student to sleeping in class all day.

My step-father was a very hard worker . When I was a teen, he had two jobs and also cleaned a clinic on the weekend. My step-Dad provided all that we needed and my mother stayed home. We always ate well, got new school clothes and supplies. But I wanted more. Although I was treated as well as my siblings, I still felt I wasn't a part of the family,I didn't fit.

I was resentful, had low self-esteem, major trust issues and abandonment issues. I started drinking alcohol around 11or 12.

Garden Variety, Continued, page 7

A.A. TRUISM

You can't think your way into right action, but you can act your way into right thinking.

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VOLUNTEER

IT'S EGO DEFLATION FRIENDLY

&

YOU ARE NEEDED

The Significance of Volunteering

Mahatma Gandhi famously said, "The best way to find yourself is to lose yourself in the service of others."

Essentially, this is what volunteerism is – a powerful force for change, capable of transforming individuals, communities, and societies. Its significance lies in its ability to mobilize collective action, inspire hope, and create a more just, equitable, and sustainable world for all.

Volunteering is an act of service that not only benefits alcoholics in need of help — but also nurtures our own personal growth and connections with others. It's about offering our time, energy, and skills selflessly — contributing towards carrying the message of recovering to still suffering alcoholics.

Volunteering in AA fulfills our responsibility:

I am responsible, when anyone, anywhere reaches out for help I want the hand of A.A. Always to be there.

And for that: I am responsible.

You may be able to find your purpose through volunteering and becoming part of something greater than yourself. Volunteering can help you feel connected to AA members and those you are helping in the community. Volunteering is a great way to meet new people as well as strengthen existing relationships.

for healing. I wanted redemption, but my emptiness grew with each passing day.

Years passed, marked by broken promises and shattered dreams. I was a blackout drinker, volatile, and unable to stop. I feared a life without alcohol.

Illness struck, and my body failed me. Despite the dire prognosis of stage four cirrhosis, I remained a prisoner of my addiction. I wanted to quit, but I was scared sober.

After 14 miserable months as a dry drunk, a final relapse revealed the truth. I had been living a lie, believing I could control my uncontrollable.

On April 23, 2023, I reached out to my sponsor, desperate for help. With their guidance and working the steps, I found hope and formed a relationship with my higher power. My life began to change.

As I embraced sobriety, colors and textures in life became vibrant again. Mornings were clear, and each breath felt hopeful. My transformation radiated outward, mending relationships and forging genuine connections.

My family, once distant and wary, began to trust me again. My mother looked at me with hope, not fear or disappointment. My sister, who kept her distance, trusted me too.

Friendships were rekindled. Those who had pushed me away saw the real me, not the erratic person I had been. Each connection felt like a lifeline, anchoring me to the world I had nearly lost. My AA family, a community of support and understanding, replaced the isolation I had known.

Today, I am on a journey, one day at a time. The 9th step promises are coming true

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THE RESPONSIBILITY STATEMENT

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

It was written for the 1965 AA International Convention in Toronto. In an article titled, 'How I am Responsible became a part of AA', from the GSO newsletter, Box 4-5-9, it identifies former AA trustee, AI S. as the author of the Responsibility Statement.

In the souvenir book for the 1965 Convention, Dr. Jack Norris writes:

"...We must remember that AA will continue strong only so long as each of us freely and happily gives it away to another person, only as each of us takes our fair share of responsibility for sponsorship of those who still suffer, for the growth and integrity of our Group, for our Intergroup activities, and for AA as a whole.

It is in taking responsibility that real freedom and the enduring satisfactions of life are found. AA has given us the power to choose — to drink or not to drink — and in doing so has given us the freedom to be responsible for ourselves. As we become responsible for ourselves, we are free to be responsible for our share in AA, and unless we happily accept this responsibility we lose AA. Strange, isn't it?"

AA's co-founder, Bill, in his talk to over 10,000 attending the major sessions of the Convention, stressed the need for cooperation with all who work on the problem of alcoholism, the more than 100 agencies in the United States and Canada alone now engaged in research, alcohol education and rehabilitation.

There have been two Advisory Actions from the General Service Conference regarding the Declaration of Responsibility since it was introduced. In 1971, the Conference recommended that:

The Literature Committee, following the general feeling of the Conference, reaffirm both the spirit and the wording of the "*I am Responsible*" Declaration from the International Convention held in Toronto in 1965.

And in 1977, the Conference recommended that:

The Responsibility Declaration not be changed, as it was made at the 1965 International Convention in Toronto.

By Alcoholics Anonymous World Services From Alcoholics Anonymous Cleveland

Speaking on behalf of A.A.'s Board of Trustees, our devoted friend and chairman. Dr. Jack Norris, has called upon us to face a far reaching responsibility. Future A.A. historians will no doubt record this occasion as a major turning-point...Dr. Jack has specifically requested us of Alcoholics Anonymous-at the level of our Board of Trustees-to assume the primary role in the conduct of A.A.'s world affairs. He has presented a detailed program for achieving this, a plan almost unanimously recommended by his fellow Trustees. Should we adopt this new concept in 1966, the chief responsibility for the guidance of our world affairs would then be shifted from the nonalcoholics of our present Board to the alcoholics of the new Board.

> Bill W., General Service Conference, 1965

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SERIOUSLY?! DRIVING IN WALMART

A Florida man commandeered a motorized scooter and went on a drunken spree last night at Walmart, He knocked items off shelves while drinking from "Daily Daiquiri" packages he took from the store.

Police summoned to the store arrested Timothy Carr, 48, for disorderly intoxication and retail theft. The latter count was bumped up to a felony since Carr has previously been convicted of two theft offenses. Carr told Police officers that he, "did not have any money on him to pay for the *Daily Daiquiri* he consumed." Cops noted that Carr had a "difficult time standing and talking" during questioning.

An unemployed transient, Carr is being held in the Hernando County lockup in lieu of \$6000. He has been ordered to have no contact with Walmart.

MY DOG WAS DRIVING!

On 05/13/23, 11:30 pm Police conducted a traffic stop on a vehicle traveling at 52 mph in a posted 30 mph zone.

The driver attempted to switch places with his dog who was in the passenger seat, as the officer approached and watched the entire process. The man then exited the passenger side of the vehicle and claimed he was not driving. The man showed clear signs of intoxication and when asked about his alcohol consumption the man ran!

The man was apprehended quickly within about 20 yards of the vehicle. It was discovered that the male was driving from Las Animas to Pueblo and got lost in Springfield. He also has two active warrants

Dog, Continued page 7

A policeman pulls a driver over for swerving in and out of lanes on the highway. He tells the guy to blow into a breathalyzer.

"I can't do that, officer, I'm an asthmatic. I could get an asthma attack if I blow into that tube."

"OK, we'll just get a urine sample down at the station."

"Can't do that either, officer. I'm a diabetic. I could get low blood sugar if I pee in a cup."

"Alright, we could get a blood sample."

"Can't do that either, officer. I'm a hemophiliac. If I give blood, I could die."

"Fine then, just walk this white line."

"Can't do that either, officer."

"Why not?"

"Because I'm drunk!"

GROAN

Got kicked out of the casino last night for being too drunk, but when I was getting taken out, folk were asking why, I kept saying "card counting!"

The bouncer became the most rattled man in the world, screaming "That's not why!" at me.

Santa Claus, the tooth fairy, an honest lawyer and an old drunk are walking down the street together when they simultaneously spot a hundred dollar bill. Who gets it?

The old drunk, of course; the other three are mythological creatures.

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DOWNSTAIRS BOOKSTORE

CAME TO BELIEVE: THE SPIRITUAL ADVENTURE OF A.A. AS EXPERIENCED BY INDIVIDUALS

Over 75 members from around the world share about what the terms "Spiritual Awakening," "Higher Power," and "God as we understood Him" mean to them. This book overs a range of perspectives on what spirituality looks like in Alcoholics Anonymous.

The title is the first three words in the second step of Alcoholics Anonymous and hints at the book's theme: that recovery in Alcoholics Anonymous is not a destination. This journey takes place over time. while living *life on life's terms*.

Sometimes humorous, sometimes poignant, but always honest, the stories in <u>Came to Believe</u> present a wide range of perspectives on what spirituality can look like within Alcoholics Anonymous. The stories demonstrate how the A.A. program is best described as "spiritual but not religious." The rich diversity of voices reflects the infinite number of paths available to those seeking freedom from alcohol. A.A. members of all kinds may find in <u>Came To Believe</u> an insight and inspiration to enrich their recovery journey.

Never underestimate a recovering alcoholic.

Words Matter

We fight for our lives everyday in ways most people will never understand.

Anonymous A.A. member

CONTEMPLATE:

Gratitude — for AA and my family - with out AA I would be dead or still in prison and I would have no family. My wife, children, and grandchildren have never seen me take a drink or drinking. Unfortunately they have seen some dry drunks but it has never been necessary for me to take a drink nor any outside issues yet since I sobered up. Because of what you have done for me and with me, and continue to do, hopefully they never will see that, One Day at a Time. As one of my worksheet AA's told me: know if we just stick together, I believe we can make this deal work". I still believe that. I haven't had to do anything alone since my last drink. For that I am filled with gratitude. Why wouldn't I believe, you have taught me how to love as well as how to live, and you still do. In case I haven't told you lately, Thank you!!! May God keep you and continue to bless you as we Trudge the Road of Happy Destiny....together.

Conley B.



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slowly but surely. I am rebuilding relationships, finding joy in simple connections, and I am grateful. Grateful for this second chance, for the breath in my lungs, and for the hope that tomorrow brings without the haze of alcohol. AA was the last thing I tried and the first thing that worked!

Ann G. Gurdon Greenhouse Group April 23, 2023

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Dog, Continued from page 5

He was booked into Jail for his warrants and also charged with Driving under the influence of alcohol and/or drugs, driving while impaired, driving under suspension, speeding 20-24 over, and resisting arrest.

ADDENDUM: The dog was released to a friend. He does not face any charges and was let go with just a warning.





Garden Variety, Continued from page 2

When I drank I always got drunk.

Then I'd see the guys in the hood with new Cadillacs, wearing diamonds and holding a fist full of money, pockets bulging. I wanted that. I'd use the money I earned to be like those guys. Soon I was one of those guys. I hooked up with them and I started to hustle weed, pills and acid.

After the drug game got ugly I joined the Air Force and progressed in rank quickly. My career came to a screeching halt after an altercation with a second Lieutenant. I was busted to airman and discharged. I was shipped down to Seattle, WA. The two week stay turned into months. Finally my car came and I headed home.

Eventually I got to my Step-dad's house and I had \$3.60 in my pocket. I asked him if I could stay there for a while, but he said, "No, you're a grown man you figure it out." I later realized he was disappointed and hurt because of the situation I put myself in.

I sat on his porch. Defeated. But then I saw a white pebble on the ground. I put it in a baggie and went to the dope track and sold it as crack. I took the money and got started drinking again. I later found the guy. I lied telling him it was a mistake. I gave him his money back and some real crack.

One day I'd bought myself a really nice jeans outfit and snake skin boots. I was going out to have fun. But I just had to make one stop and have just one drink. The next morning I emerged wearing rubber rain boots, a plastic rain coat and walking.

After a felony charge I was drunk many times. Afterwards I'd say, "Nextime, I'm going have just one." My drinking progressed from half a gallon in 3 weeks to half gallon in less than 10 days. I began to run into the guys I'd grown up with back in the day. I had enough money

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TRUDGE

In the chapter "A Vision for You" in <u>Alcoholics</u> <u>Anonymous</u> there is a quote about trudging the road to happy destiny:

"Admit your faults to Him and your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the fellowship of the spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."

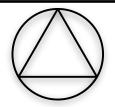
There have been countless meetings about what that means. So, let's look at the text and break it down.

The word **trudge** means to walk with heavy steps, sometimes with physical difficulty or exhaustion. When we are new to recovery, every step forward takes effort. At times, the act of not drinking or using feels like walking through quicksand. The initial trudge is felt physically, emotionally, and spiritually because getting sober after destroying our lives is hard.

Trudge also means to walk with purpose. Every sober day- whether we have a day sober or thousands of days – is an intentional walk towards a better and more fulfilling life. We are walking towards a happy destiny and that journey is worth the discomfort it takes to get there.

There are times we walk laboriously, plodding, but always we walk a purpose to become, to stay sober

Walking with the purpose to stay sober under all conditions leads to long-lasting sobriety. In early sobriety, we all marvel at our fellows who have five, ten, fifteen, or more years sober. It's hard to imagine ourselves with so much time. But it's important to remember the question we ask old-timers when they pick up their chip, "How'd you do it?"



The triangle in the circle symbol was introduced by Bill W. in 1955 and used by A.A. until about 1993. At its core, the triangle inside a circle represents the integration of opposing forces into a harmonious whole.

The symbol has its roots in ancient spirituality and philosophy, dating back thousands of years. Early humans etched it into cave walls and it became medieval symbol worn to keep evil spirits away. Many believe the circle represents wholeness, eternity, and the divine while the triangle adds an element of dynamic energy and balance. Together these shapes create a symbol of spiritual truth.

In alchemy, the circle represents the infinite nature of the universe and the cyclical process of transformation. The triangle signifies the three fundamental elements: air, water, and fire. When combined, these shapes create a powerful symbol reflecting the balance and harmony of opposing forces and the interconnectedness of all things.

The symbol can be a powerful tool for meditation, self-reflection and integrating different aspects of our lives. It actually invites you to pause and find our center, that intangible place within us that is the best possible you. Today, some use the symbol as a visual focus during meditation. Gazing at the symbol and relaxing, imagine entering into the design. Another use of the symbol is to look at it, taking a moment to center ourselves and reconnect with our higher power and our purpose.

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Garden Variety, Continued from page 7

to set-up shop and as things progressed I began to use my own supply. Eventually I was arrested for felony

I was in and out of treatment centers but could not stay sober. One morning in a hotel room, broke, pitiful, without any money, I was nothing. All I could say was, "God help me." I called a friend that day and asked for his help. He told me to meet him at a gas station not too far from the hotel I was staying in.

He picked me up and told me, "Perry, I'm not going to give you a dime, but I'm going to fill your gas tank and buy you 2 cartons of cigarettes and you take your ass back to Little Rock!" And I had my last stay in rehab.

I recall a Labor Day listening to the speaker. I looked into his eyes and I saw what I had always wanted, *Peace*, to be alright on the inside, at peace. God showed me exactly what I wanted: a way out of my misery.

No sponsor and not working the steps, and ten years I started to drink and smoke pot again. But because of being <u>around</u> the program it only took a couple of years to see where I was headed. This time I got a sponsor and worked the steps with him.

I moved to Hot Springs and married a wonderful woman. She never saw me drink. Then my wife was diagnosed with fourth stage breast cancer a month after our first anniversary. I was there when she was dying, laying beside her when she took her last breath. I hope the last thing she heard was, "Baby, I love you."

Next I knew, I leaving a liquor store with a bottle. How could I give up the life God had given me? Instead of drinking, I went to the Friday night men's meeting at Sellers. I asked a man to sponsor me and for the first time I wholeheartedly took both parts of the first step. By the grace of God, Alcoholics

Garden Variety, Con't, next column

Anonymous and great sponsorship, I have not had to take a drink since. The program of Alcoholics Anonymous and great sponsorship, I have not had to take a drink since.

All the years I thought I was different, I have come to know I'm just a "Plain Ole Garden Variety alcoholic" who found a wonderful, loving family in this fellowship. You have showed me how to fill that empty black hole in my chest with the Love God and AA fellowship. Today I am sober and at peace.

Perry W. March 3, 2019 Hots Springs AA Monday Night Big Book Study



WHAT HAPPENED TO ALICE AND HER DRINKING PROBLEM and WHAT HAPPENED TO JOE AND HIS DRINKING PROBLEM originally appeared in the late 60's, attributed to Alcoholics Anonymous. These pamphlets, P-38 and P-39, were discontinued, but you can still get a copy. In 1986 it cost about 25 cents. These two simple cartoon pamphlets were easy-to-read "comic book" style pamphlets. You can still find them online as well as others from A.A. Today you can still purchase them for 25 cents in meetings or at non-AA sites for up to \$49.00.

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2025 UPCOMING EVENTS 2025

AREA 4 ASSEMBLY, Saturday and Sunday, April 5 & 6, 2025; Holiday Inn Express & Suites-Russellville 300 East Harrell Drive, Russellville, Arkansas

Area 4 Assembly is a hybrid:Meeting ID: 931 0896 7121 Passcode: Box459 Area 4 Meeting 2025 dates: July 12 & 13, October 18 & 19, 2025.

INTERGROUP COUNCIL OF WEST CENTRAL ARKANSAS, Sunday, April 27, 2025, 2:00 P.M., 411 Sellers, Hot Springs. Intergroup meets quarterly on the last Sunday of the month. Meeting dates 2025: July 27; October 26.

DISTRICT 8 COMMITTEE, Sunday, June 1, 2025; 411 Sellers, Hot Springs, AR; Committees meet at 1:30, District Committee starts at 2:00 p.m. District 8 meeting dates: September 7; and December 7. Bake at the Lake, June 14, 2025.

Springtime in the Ozarks, April 17 - 20, 2025, Inn of the Ozarks, Eureka Springs, AR

Rock House Group Monthly Potluck, April 26, 2025, Speaker & Birthday Celebration. Last Saturday of each month: May 31; June 28; potluck at 6:00 p.m.; speaker at 7:00 p.m.

Grant County Group, Quarterly Speaker, Potluck, & Fellowship, April 27, 2025; 1511 South Rose Street, Sheridan.

Winners' Group Campout, June 6-8, 2025, Moro Bay St. Park, Jersey, AR contact: Johnny R., 870-723-3995

BAKE AT THE LAKE, Annual District 8 Picnic, June 14, 2025, Arlie Moore Pavilion at Corp of Engineers, Lake DeGray

THE INTERNATIONAL A.A. CONFERENCE: Language of the Heart, Vancouver, British Columbia, Canada, July 3-6, 2025

85th OLD GRANDAD: Oldest AA Conference West of the Mississippi, July 25-27, 2025; Hot Springs

78TH TEXAS STATE CONVENTION:, Service is Love in Action, August 15-17, 2025, Houston, TX

ARKYPAA, Camp Mitchell at Petit Jean , 10 Camp Mitchell Rd, Morrilton, AR, October 9-12, 2025

PLEASE SEND GROUP AND MEETING EVENT INFORMATION, with or without flyers, to the editor by Text (501)1984-4556 or Email louandmara@icloud.com. Information will be published in this section. Thank you!

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BAKE AT THE LAKE!

DISTRICT 8 ANNUAL PICNIC

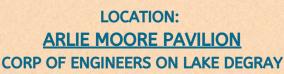
SATURDAY JUNE 14, 2025 STARTING AT 12:00 NOON

District is providing hamburgers, hot dogs and all the fiixin's.

Please bring a side dish or dessert to share along with your beverage.

- 1:30 AL-ANON Speaker Jinkie R. (Little Rock)
- · 2:45 AA Speaker Jeremy S. (Alexander)

Come join us for a fun-filled day of fellowship, delicious food, inspiring speakers, and exciting raffle prizes!



Directions below; signs will be posted

From Hot Springs: take HWY 7 South to Country Road 254 (Arlie Moore Road) Turn RIGHT & drive 2.3 miles. Take the fork to the LEFT & continue for approximately half 1/2 a mile.

<u>From Arkadelphia</u>: take HWY 7 North to Country Road 254 (Arlie Moore Road) Turn LEFT & drive 2.3 miles. Take the fork to the LEFT & continue for approximately half 1/2 a mile.

FYI - From Both Directions: After on park property turn LEFT on the road before the ranger station & campsites. Follow the road to Arlie Moore Pavilion on the right across from the boat ramp.





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