

TRANSITIONS

Volume 5, Issue 2 • 2007

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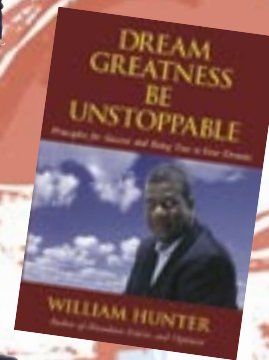
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WOMEN'S COUNCIL ON AFRICAN AFFAIRS INC. PRESENTED AUTHOR EVENT WITH WILLIAM HUNTER

The Center for Healing Hearts and Spirits was honored to host Dr. William Hunter (author, optimist, public speaker, consultant, former Little Rock assistant, city manager in Maryland, Florida & Alaska, television and radio talk show personality), on Thursday, April 5, 2007 from 4-5:30pm. His book, DREAM GREATNESS BE UNSTOPPABLE



contains the combined wisdom of philosophers, sages, leaders, innovators, scholars, life coaches, and everyday people. The book debuted during a book signing and reading on April 5th. Dr. Williams had the audience suspended as he shared "key secret strategies" used by successful people and success stories to inspire finding your passion, overcoming obstacles, creating joy, and control over your life.

Director's Note

Dear Readers,

Life is truly an awesome journey. It is a journey of highs and lows and hits and misses. Life also presents each of us with so many opportunities. We have the chance to help or hinder our brothers and sisters in one way or another. The Center's staff and Women's Council are proud of the fact that we have helped our many clients over the past six years with needed services. We are equally proud that our outreach efforts have significantly grown. We have come a long way since the days of crying in the wilderness and of having feelings of messages falling on deaf ears.

Yes, we only have one life to live and we should make the most of what God has given us. We need to concentrate on what we have instead of what we have lost or never had. That's what our clients are doing. Countless clients have moved from being deeply depressed or grief stricken to becoming survivors and volunteers. Clients have begun to adopt healthier lifestyles as it relates to tobacco consumption, diabetes, obesity, and other health care issues. Job and life skills workshops are moving participants from welfare to work. This is progress – one step at a time. Monumental - maybe not, incremental, most definitely.

The Center added two new programs this year. The Center's Circle of Friends (a monthly grief support group that lends itself to camaraderie to its participants through spirituality and best practices) and a Neighborhood Afterschool and Summer Program (a tutorial and mentoring program serving youths ages 6 -12 years).

The Center for Healing Hearts and Spirits, Inc. is experiencing an awesome year in the lives of its clients. For more information and to inquire how you can help, please call 372-3800 or log onto www.hhscenter.org.





"WOMAN, THOU ART WORTHY"

Empowerment Conference

Saturday, November 17, 2007 • 8:30am - 1:30pm
 Junior League Little Rock Woman's City Club
 4th & Scott Street, Little Rock



This half-day conference empowers women in areas of Spirituality, Politics, Health and Wellness, and Finance. Women will meet other women who are practitioners of self-empowerment; women who have moved from co-dependency to self sufficiency, from displacement to entrepreneurship, from low self-esteem to bold faith, and from "faking it" to "making it." Truly a conference for women by women!

2007 HOST COMMITTEE

Wanda Bynum	Lori Lemley
Ashley	Susie Marks
Karen Castle	Deun Ogunlana
Barbara Douglas	Veva Red
Joyce Elliott	Joyce Raynor
Regina Favors	LaShannon Spencer
Yolanda Hughes	Mary Louise Williams

RSVP

Please complete this information form and send it and your \$40 donation to:
 CHHS, 2416 S. Chester, Little Rock, AR 72206
 Or you may contact us at 501-372-3800 or joyce.raynor@sbcglobal.net

Name _____

Guest Name _____

Address _____

Phone _____ Amount Enclosed _____

OBESITY IN CHILDREN AND TEENS

The problem of childhood obesity in the United States has grown considerably in recent years. Between 16 and 33 percent of children and adolescents are obese. Obesity is among the easiest medical conditions to recognize but most difficult to treat. Unhealthy weight gain due to poor diet and lack of exercise is responsible for over 300,000 deaths each year. The annual cost to society for obesity is estimated at nearly \$100 billion. Overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise.

What is obesity?

A few extra pounds do not suggest obesity. However they may indicate a tendency to gain weight easily and a need for changes in diet and/or exercise. Generally, a child is not considered obese until the weight is at least 10 percent higher than what is recommended for the height and body type. Obesity most commonly begins in childhood between the ages of 5 and 6, and during adolescence. Studies have shown that a child who is obese between the ages of 10 and 13 has an 80 percent chance of becoming an obese adult.

What causes obesity?

The causes of obesity are complex and include genetic,

biological, behavioral and cultural factors. Basically, obesity occurs when a person eats more calories than the body burns up. If one parent is obese, there is a 50 percent chance that the children will also be obese. However, when both parents are obese, the children have an 80 percent chance of being obese. Although certain medical disorders can cause obesity, less than 1 percent of all obesity is caused by physical problems. Obesity in childhood and adolescence can be related to:

- poor eating habits
- overeating or binging
- lack of exercise (i.e., couch potato kids)
- family history of obesity
- medical illnesses (endocrine, neurological problems)
- medications (steroids, some psychiatric medications)
- stressful life events or changes (separations, divorce, moves, deaths, abuse)
- family and peer problems
- low self-esteem
- depression or other emotional problems

What are risks and complications of obesity?

There are many risks and complications with obesity. Physical consequences include:

- increased risk of heart disease
- high blood pressure
- diabetes
- breathing problems
- trouble sleeping

Continued on page 4

SUMMER INTERN PROGRAM A SUCCESS

We have all heard the saying "Each One, Teach One, Reach One." These words must resonate and be implemented throughout our communities if we expect our communities to flourish. Reaching and teaching need to start with our children – our future. Every year, youth are afforded opportunities in Little Rock through the City of Little Rock Community Programs for summer employment. Most are young people who have never worked in any formal setting or have not had job training. Each time a young man or woman come through the Center's doors, it takes me back to my first summer job, that is the first formal job, not the ones where I spent countless hours in Eastern Arkansas working in the cotton fields or okra patches. My first job was bussing tables and waitressing at Julio's Cafeteria. The job presented unique opportunities for me. It allowed me to make

my own money that I could control, buy my school clothes and it taught me my first lesson about saving money. I believe the greatest lesson that I learned

was money was not easy to come by, but very easy to spend. I am hopeful that at least one of these

lessons was learned by the Center's summer interns.

The Center's staff and board were afforded opportunities to employ four summer interns through the City of Little Rock and Pulaski County. Students worked collectively over 8 weeks at two different locations to achieve their individual results. Employing and supervising summer

interns can be challenging, but rewarding. This undertaking is time consuming, but educational to both the interns and staff. Tasks ranged from light clerical duties, to working in the afterschool program, to planting flowers to painting door entrances, from assembling supplies to laminating bookmarks. There was never a dull moment. For the employers who say, "I just don't have the time," the Center staff and board says, "Make the time!"

We applaud the City of Little Rock and Pulaski County for supporting the youth of our city by providing financial resources.



Shaneka Cloud
Senior – Mills High, Age 17



Marcie Flowers
Freshman – UAPB, Age 18



Maya Farr
Senior – Hall High, Age 18



Shumkeka Cokely
Senior – JA Fair, Age 17

**WANTED:
WE NEED YOU
TO VOLUNTEER!**

We need energetic, hard-working, health-conscious, community-oriented individuals to volunteer at least 2 hours a month. Interested parties please call 375-HEAL(4325).

Obesity

Continued from page 3

Child and adolescent obesity is also associated with increased risk of emotional problems. Teens with weight problems tend to have much lower self-esteem and be less popular with their peers. Depression, anxiety, and obsessive compulsive disorder can also occur.

How can obesity be managed and treated?

Obese children need a thorough medical evaluation by a pediatrician or family physician to consider the possibility of a physical cause. In the absence of a physical disorder, the only way to lose weight is to reduce the number of calories being eaten and to increase the child's or adolescent's level of physical activity. Lasting weight loss can only occur when there is self-motivation. Since obesity often affects more than one family member, making healthy eating

and regular exercise a family activity can improve the chances of successful weight control for the child or adolescent.

Ways to manage obesity in children and adolescents include:

- start a weight-management program change eating habits (eat slowly, develop a routine)
- plan meals and make better food selections (eat less fatty foods, avoid junk and fast foods)
- control portions and consume less calories
- increase physical activity (especially walking) and have a more active lifestyle
- know what your child eats at school
- eat meals as a family instead of while watching television or at the computer
- do not use food as a reward
- limit snacking
- attend a support group (e.g., Weight Watchers, Overeaters Anonymous)

SMOKING CESSATION

A healthy lifestyle not only includes eating right and staying active, but also making other healthy choices. Tobacco use is the single most preventable cause of death and diseases in our society. By quitting smoking, you can greatly reduce your chances of developing many chronic diseases such as heart disease, stroke and cancer.

According to 2003 statistics:

- 25% of adult Arkansans smoked, compared to 23% nationally.
- Smoking triples the risk of dying from heart disease among middle-aged men and women.
- Annually, exposure to secondhand smoke causes an estimated 3,000 deaths from lung cancer.
- Nearly 70% of the 46.5 million American adults who smoke cigarettes want to quit.

Helpful Hints

- Get help, don't do it alone, try the Quit Line at 1-866-NOW QUIT. They have a quit rate for enrollees of 25.5%.
- Be patient with yourself; begin thinking of yourself as a nonsmoker.
- Keep a positive attitude about yourself and about quitting.

CLEAN INDOOR AIR ACT CELEBRATES ONE-YEAR ANNIVERSARY, CONTRIBUTES TO HEALTHIER ENVIRONMENT FOR ARKANSAS

On July 21, 2007, the State of Arkansas celebrated its one-year anniversary of two monumental acts of legislation, Act 8 of 2006, mostly commonly known as the Clean Indoor Air Act or the Smoke-free Workplace Law and Act 13, the Arkansas Protection from Secondhand Smoke for Children Act, also known as the smoke-free vehicle law. The Coalition for a Tobacco Free Arkansas flanked by statewide coalitions, healthcare providers, state legislators, the Arkansas Department of Health, University of AR at Pine Bluff Minority Initiative Sub-recipients Grant Office, and Governor Mike Beebe "Toasted" the state for the institution of Act 8 & 13 at a press conference that was held on Thursday, July 19, 2007 in the Rotunda at the

State Capitol, beginning at 12:00 noon.

Citizens and business owners alike are thankful. The act was put into place to clear the Arkansas air of deadly secondhand smoke and protect workers and citizens alike in the workplace and in public places.

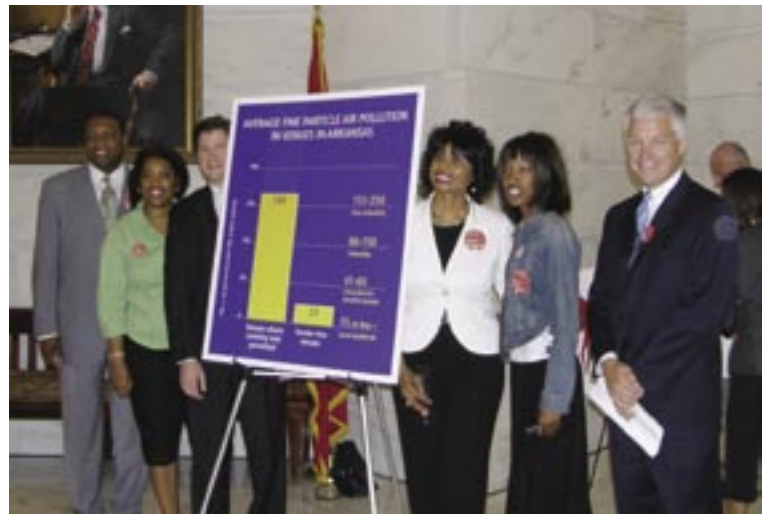
Last year Arkansas joined the nation as the 17th state to pass a smoke-free workplace act. Since then, Arkansans have been breathing easier thanks to the many anti-tobacco advocates, businesses and workplaces who worked to get Act 8 (Clean indoor Air Act) passed.

Of the more than 14,500 permitted establishments that serve food in Arkansas, the vast majority has been compliant. Business owners and workplaces are happy to report increased

employee morale because they are simply breathing easier.

Out of approximately 7,000 restaurants and bars in the state, only 277 (about 3 percent) have applied for an exemption from the Clean Indoor Air Act.

As an exempt establishment, persons under the age of 21 are prohibited from entering the facility at any time. For more information about these laws, call 375-HEAL (4325).



COUNCIL'S CORNER

The Women's Council on African American Affairs, Inc dba the Center for Healing Hearts and Spirits, Inc is so very proud outreach efforts. We know that goals and objectives with action are just ideas. We are equally proud that we have become an action-oriented organization from the top down. Our Council has increased from 5 to 9 over the past few months. We invite you to meet our new Council members.

Wanda Bynum Ashley *Arkansas Highway and Transportation Department*

I have been an advocate of education, community development, economic development and race relations for more than 30 years. The mission of the Women's Council mirrors my long term goal to make a positive difference in our community.



Karen Castle

"I am inspired by helping others, particularly, in the areas of education, economics and race relations. Becoming involved with the WCAAA and its' programs will allow me the opportunity to achieve this first-hand".



Joyce Elliott

In 2006, Rep. Joyce Elliott served her final term in the House, District 33, which is composed of a part of Little Rock, Arkansas. During her tenure in the legislature, Joyce Elliott served on the Committees on the Judiciary; Aging, Youth, and Families; Education, where she chaired the Subcommittee on Higher Ed; State Agencies; and Budget. Most recently she was Chair of the Education Committee and served on the Committees on Insurance and Commerce; Budget; Personnel and Energy. She continues to be active in politics.



LET'S GO BACK TO SCHOOL AGAIN!

Each August the streets in Pulaski County and around the nation see an influx of vehicles. These vehicles are big yellow buses, passenger cars, SUVs, and trucks. They roll daily, dropping off and picking up students. Can you imagine what the streets would be like without these modes of transportation? They are as necessary as school supplies are in the preparation of a student for school. Oprah Winfrey has been known to give away automobiles and I applaud her for that. Those of us who live check to check, cannot afford such generosity, however, there is a little something that we all can do.

Over the past 5 years, the Center for Healing Hearts and Spirits with community support has worked with Pulaski County Schools to ensure that over 500 students are provided with some, if not all, of their school

supplies to start the year. Our students spend a large portion of their day dealing with peer pressure related to drugs, sex, excessive homework, and the latest fashion trends, and excelling in sports and other extra curricular activities. We want to alleviate some of the pressure by providing them with some needed tools to build on their education. Last month, we provided school supplies in 10 schools in the tri-district (nearly 100 students). Volunteers spent 4 days assembling and delivering backpacks filled with needed schools supplies and with educational materials on tobacco, drugs, and violence prevention. The Center is proud of the small contribution we make to ensure that the futures of all of our youths will be productive ones. If you would like to assist our efforts, please give us a call at 372-3800.

Regina H. Favors

*Executive Vice President/
Chief Operating Officer
Pinnacle Business Solutions, Inc.*

"We all cannot do the same thing to help mankind, but we all can do something. I wouldn't want to miss an opportunity to offer help and assistance in the development of women, either in the workplace or in the community. This council is making a positive difference in women. I am proud to be a part of this process."





THAT'S WHAT'S UP: SEX, LIES, VIOLENCE, DRUGS and the TRUTH about it ALL!

**A conference specifically designed
to educate youths and young adults
on the realities of life and empower
them to survive by making
the right choices.**

Sat., Oct. 6, 2007 • 8:30 a.m. – 1:30 p.m.
Dunbar Community Center
1001 W. 16th, Little Rock, Arkansas

AGENDA

8:30 a.m.
Registration and Continental Breakfast

9:00 a.m.
**“Save It! Zip It!/
On the Know ‘bout Sex”**

Presenter

MR. LEROY RANDOLPH
Arkansas Department of Health
and Human Services

9:45 a.m.
Q & A and Breakout

10:00 a.m.
Conference Track One (30 min. each)

Room A: Females ages 10 – 13
“RECOGNIZING THE GAME”
“LESSONS FOR A QUEEN”

Room B: Females 14 and up
“LESSONS FOR A QUEEN”
“RECOGNIZING THE GAME”

Room A: Males ages 10 – 13
“HOW TO BE A PLAYA”
“BEING THE KING OF THE HILL”

Room D: Males 14 and up
“BEING THE KING OF THE HILL”
“HOW TO BE A PLAYA”

11:00 a.m. – 11:15 a.m.
Break

11:15 a.m.
**Conference Track Two
(1 hour - all ages)**
“CHOICES, CONSEQUENCES
AND THE BOTTOM LINE”
“What’s the 411? Da Real on Education”
and “Not Until You Have Walked a Mile
in My Shoes”

12:15 p.m.
Lunch Forum
“STRAIGHT TALK” BY YOUTH PANELIST
Entertainment provided by Local Artists

1:30 p.m.
“Rap It Up! Pay Up!”

SPONSORED BY



Special Thanks to Our Partners

CITY OF LITTLE ROCK –
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NEW FUTURES FOR YOUTH
LITTLE ROCK JOB CORPS
YES TEAM – FAMILY SERVICE
AGENCY
MISS BLACK TEEN TOURS
LITTLE ROCK SCHOOL DISTRICT

THAT'S WHAT'S UP: CONFERENCE REGISTRATION

Please register by completing the form below. Seating is limited and will be on a first-come first serve basis. Sign up today!

Name(s) _____

School or Company _____ Number attending: _____

School or Company Address _____

Company Phone _____ Company E-mail _____

Personal Phone _____ Personal E-mail _____

Please return this form by September 21st to Joyce Raynor. By fax: (501) 372-2150.
By E-mail: hhscenter@sbcglobal.net • For more information, call (501) 372-3800.

WHY ATHLETES DON'T SMOKE!

Athletes know that smoking hurts their bodies.

Tobacco

- Hurts your lungs, makes it hard to breathe. Keeps oxygen from your muscles, makes you weaker
- Narrows blood vessels and makes your heart work harder than it should
- Makes you cough and causes bronchitis and emphysema
- Causes cancer of the lungs, bladder, kidneys, stomach, throat and reproductive organs

**IF YOU WANT TO BE HEALTHY AND
FIT, SAY “NO WAY” TO SMOKING!**



REMEMBERING BILL CLARK

I was once told "the work you do through your organization is filled with passion and love and the community is very proud of you." These words came from a man who exemplified the true spirit of community service. He quietly gave of his resources. Whether it was tons and tons of dirt for a land fill or funds to assist youth going back to school, donations to help the down trodden and displaced residents in Pulaski County, or maybe the generosity to advance education and awareness of heart disease, diabetes, and

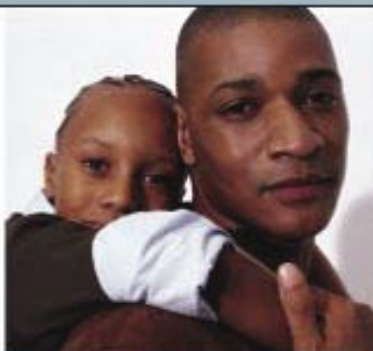


prevention of violent crimes. Whatever the cause and whenever the opportunity presented itself, there was never a moment of hesitation.

Mr. William "Bill" Clark was a man among men. While he was a man of means,

he demonstrated a spirit of humbleness, kindness, and caring. These attributes made him a champion for the ordinary man. The Center's Board, Staff, and the community we serve, are better because of him. Heaven has gained a true servant!

Violent Crime affects every family across Pulaski County. Its impact is felt by victims, by survivors and by their families and friends.



Attention must be focused on bringing criminals to justice, but also on bringing **healing to victims** and their loved ones. If you've been affected by a violent crime and are in need of victim services, contact the **Center for Healing Hearts & Spirits Victim Services** @ 501.370.4TLC or visit hhscenter.org.

hope II

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Center for Healing Hearts & Spirits
2416 South Chester Street
Little Rock, Arkansas 72206

501-370-4TLC



HOMETOWN HEALTH IMPROVEMENT

By Lynn Lincoln
Administrator, Pulaski County Central Health Unit

Midtown Health Alliance partnered with the Little Rock School District during the 2006-07 school year to promote physical activity and other healthy behaviors. A model program was enacted at Western Hills Elementary School where Principal Scott Morgan lent strong support to the activities. Interventions were planned for students, parents, grandparents and teaching staff. Midtown Health Alliance Members offered blood pressure checks, Body Mass Index calculations, blood glucose testing, exercise demonstrations and a 1% milk taste test. The teaching staff made a commitment to the 10-week "Active for Life" program. It was great fun for our members to "go back to school" and we formulated a guidebook to help other groups who might like to work with a school to promote healthy behaviors. E-mail Lynn.Lincoln@arkansas.gov to request an electronic copy.

During the coming months, Midtown Health Alliance will fo-

cus efforts on diabetes prevention and education by offering a series of seminars and diabetic cooking schools in central Little Rock locations. The seminars are free and participants will learn if they are at risk for diabetes and how to recognize the signs and symptoms of the disease. They will learn how they can reduce their risk for diabetes and the many health problems that go along with it. Diabetes continues to be one of the leading causes of death and disability for people in central Arkansas and often goes undiagnosed without testing. As childhood obesity has increased steadily over the last 15 years, the incidence of Type 2 diabetes in our children has increased as well. We can no longer refer to Type 2 diabetes as "adult onset" diabetes.

Membership in Midtown Health Alliance is open to anyone who would like to partner with us to create a healthier environment and improve the health of those living in central Little Rock.

UAPB SUPPORTS TOBACCO PREVENTION

The University of Arkansas Pine Bluff (UAPB) participates in the mission to combat tobacco usage in the state of Arkansas; focusing its efforts on communities of color. The UAPB Minority Initiative Sub-recipient Grant Office (MISRG) provides administrative oversight and program direction for a 15% (set-aside) of the tobacco settlement monies from the Arkansas Department of Health's Tobacco Prevention and Education Program.

Currently, the Minority Initiative has five staff persons to support and provide resources to community based organizations conducting tobacco prevention activities



in minority communities. Marian Evans serves as the Program Coordinator, Connie Robinson-Administrative Assistant, Ruthie Johnson-Program

Specialist and Diony Monestime serves as Program Specialist focusing on outreach to the Hispanic population. The Minority Initiative would like to welcome its newest staff person, Carmelo Abraham who will function as a Program Specialist focusing her efforts on fiscal management and community capacity building. You may contact the Minority Initiative Sub-Recipient Grant Office by calling 870-575-8923 or via email at robinsoncr@uapb.edu.

CALENDAR OF EVENTS

Annual Workforce/ Business Development Training Schedule

Financial Planning Workshop
3rd Sat, Monthly

Job Readiness Seminar
2nd Fri, Monthly

Starting A Business Seminar
4th Thurs, Bimonthly

August

Back-to School Drive
Aug 16

WCAAA Tobacco Prevention Coalition Meeting
3rd Tues, 9 am

*The 5th Annual Striking Out Tobacco
in Arkansas Conference*
Aug 17, North Little Wyndham Hotel

October

Teen Conference
Oct 6

Goal Setting Group Meeting
2nd Sat, 9:30 am

November

*Annual "Woman, Thou Art Worthy"
Empowerment Conference*
Nov 17

Goal Setting Group Meeting
2nd Sat, 9:30 am

WCAAA Tobacco Prevention Coalition Meeting
3rd Tues, 9 am

December

*"Tis the Season to Be Healthy, Wealthy,
& Wise" Forum*
Dec 7

Goal Setting Group Meeting
2nd Sat, 9:30 am

WCAAA Board Meeting
4th Wed, 5:30 pm

Day of Healing
Dec 14

*For additional information on the events listed here
or how you can participate, call 372-3800.*

VICTIMS

Services Program

We assist crime victims and their affected families to improve the quality of victim's services delivery in high-crime, urban and rural areas of Pulaski County. For more information, contact the Center for Healing Hearts and Spirits at 501-370-4TLC (4852).



"We Connect People To Services That Affect Their Hearts, Minds, Souls and Bodies."

2416 South Chester Street, Little Rock, Arkansas 72206 • joyce.raynor@sbcglobal.net • www.hhscenter.com

RECOMMENDATIONS FROM THE EXECUTIVE DIRECTOR

For The Spirit

"Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity. For they shall soon be cut down like the grass, and wither as the green herb. Trust in the LORD, and do good, so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the Lord; and he shall give thee the desires of thine heart." Psalms 37:1-4

For The Body

Advice to Live By – The 10 Things Women Need to Know About Heart Disease

1. Heart disease is the #1 killer of American women
2. Cardiovascular disease kills more women than men
3. Cardiovascular disease can be different in women
4. Signs and symptoms of heart disease can be different in women
5. Some tests are less accurate in women
6. Today treatment options exist for heart disease
7. Women can reduce their risk of heart disease
8. Know your numbers
9. Adopt the AHA's heart healthy lifestyle
10. Every woman can take action to improve their heart health

The Center is proud to announce the appointment of Mrs. Redious Yancy to the Crime Victims Reparations Board in July 2007 by Governor Mike Beebe.



THE HISTORY OF TOBACCO AND AFRICAN AMERICANS

The Black community's dependence on tobacco and the tobacco industry dates back to the 16th century.

- Pre-slavery, it was our cash crop.
- During slavery, we picked and harvested it.
- Post-slavery, it was our ticket to economic freedom.

Our dependency on the industry grew in the 20th century when tobacco manufacturing became a mainstay and a source of employment for so many African Americans in urban markets. This intensified in the mid-20th century when it afforded Black Americans their first high paying jobs in management.

1960's

- African American smoking rates surpassed that of whites.
- KOOL emerges, along with a rapid increase in menthol sales and marketing.

1970's

- The tobacco industry continues to study the preferences of the black community for future marketing campaigns.

1980's

- A higher density of tobacco billboards seemed to exist in racial/ethnic communities.
- Tobacco companies began courting minority groups with promises to expand economic opportunities, and "investing" in communities.

1990's

- A one-year study found that three major African American publications — Ebony, Jet, and Essence — received proportionately higher profits from cigarette advertisements than did other magazines.
- X Menthols, a brand of cigarettes, were marketed to specifically target African American teenagers. Released just after Spike Lee's film, Malcolm X; the X on the package was red, black, and green, Africa's liberation colors. Its price--- \$1.04 --- was low enough to entice minors.
- In 1997, Advertising Age trade journal estimates showed that RJ Reynolds spent between \$10 and \$15 million on a new Camel menthol campaign.
- 1998 U.S. Surgeon General's report revealed that nearly 66%

cigarette advertisements in African American magazines was for menthol cigarettes.

Smoking Preference

- Approximately three of every four African American smokers prefer menthol cigarettes.
- Among adult African American smokers the most popular brands are Newport, Kool, and Salem. Similar brand preference was found among African American teens with 61.3 % preferred Newport, 10.9% preferred Kool, and 9.7% preferred Salem.

Health Effects

African Americans continue to suffer disproportionately from chronic and preventable disease compared with white Americans. Of the three leading causes of death in African Americans — heart disease, cancer, and stroke — smoking and other tobacco use are major contributors.

- Each year, approximately 47,000 African Americans die from a preventable smoking-related disease.
- If current trends continue, an estimated 1.6 million African Americans who are now under

the age of 18 years will become regular smokers. About 500,000 of those smokers will die of a smoking-related disease.

- Smoking is responsible for 87% of lung cancers. African American men are at least 50% more likely to develop lung cancer than white men. African American men have a higher mortality rate of cancer of the lung and bronchus (100.8 per 100,000) than do white men (70.1 per 100,000).
- Stroke is associated with cerebrovascular disease and is a major cause of death in the United States. Smoking significantly elevates the risk of stroke. Cerebrovascular disease is twice as high among African American men (53.1 per 100,000) as among white men (26.3 per 100,000) and twice as high among African American women (40.6 per 100,000) as among white women (22.6 per 100,000).
- Levels of serum cotinine (metabolized nicotine) are higher among African American smokers than among white or Mexican American smokers for the same number of cigarettes.

WYNONA BRYANT-WILLIAMS, PH.D., APPOINTED TO BE THE NEW EXECUTIVE DIRECTOR FOR THE ARKANSAS MINORITY HEALTH COMMISSION

The Arkansas Minority Health Commission, Commissioners, Staff and the Office of Governor Mike Beebe would like to introduce Wynona Bryant-Williams, Ph.D. as the new Executive Director.

Dr. Bryant-Williams received her appointment from Governor Mike Beebe On May 15, 2007. Dr. Bryant-Williams has an extensive background as an academican with over 20 years in public education at the high school level and close to 10 years at the college level. During her 20 years of service as a home economics teacher (1979-1996) she increased the enrollment from 85 students to 285 students. She was able to capture the interest of many young woman and men to selecting the home economic curriculum. Dr. Bryant-Williams was passionate on the issue of teen pregnancy, nutrition education and issues related to family sustainability. She considers herself to be an advocate for families.

Dr. Bryant Williams joined the University of Central Arkansas (2002-2007); in a joint appointment as a professor of African-American studies and as an administrator. In the administrative role, she developed a behavior modification program for students on first suspension. As a professor in African American studies she was instrumental in teaching courses on the Black family which included systemic racism, health disparities, and socialization of Black children, research and the historical evolution of Black families from slavery to the present.

Dr. Bryant-Williams' outstanding career background also includes; University of Arkansas Cooperative Extension Service, UAPB served from 1997-1998, Philander Smith College, Director of Black Family

Studies Program, 1998 – 2001, University of Phoenix, Professor of Research.

Dr. Bryant-Williams received both her Bachelor's and Master's degrees' from the University of Arkansas, Fayetteville. Her Bachelors degree is in Home Economics and her Master's degree is in Vocational Education

Her doctorate is from Texas Women's University in Denton, Texas in Family Sciences with a research interest in Black Families. Her recent research interest includes the intersection of HIV/AIDS and incarceration of Black men and women and its impact on the Black family.

Dr. Bryant-Williams' belongs to several civic and professional organizations: the National Council on Family Relations, American Association of Family and Consumer Sciences, Arkansas Association of Family and Consumer Sciences, Just Communities of Central Arkansas, (formerly NCCJ). She is also a member of Delta Sigma Theta Sorority, Inc.

She is a former Arkansas State Police Commissioner, where she served as the first and only African-American female to hold this seven year appointment.

Dr. Wynona Bryant-Williams states, "I am very proud to have this opportunity and consider it a privilege to continue to explore ways to best improve the health status of people who share a history of oppression, a history of being marginalized, and a history of being disenfranchised. This is the goal of the Arkansas Minority Health Commission.



The disparity in health status has been well documented in the 1985 Report of the Secretary's Task Force on Black and Minority Health. The challenge for us will be to find strategies that will yield the best possible results for reducing if

not eliminating these disparities and making health care more accessible and affordable for all those defined as being minorities.

Additionally, I find it very challenging to continue to explore ways we can bridge the gap between theory, research and practice that will allow us to offer the best health care practices to individuals and families in need. As we adopt the position that good health is more than the absence of disease, we have an opportunity as well as

a responsibility to address issues and needs that encompass the whole person. The opportunity for collaboration with other entities that share the mission and purpose of the Commission will provide greater accessibility to the needed citizens of our great state.

As we forge ahead to continue the work established by the Commission from its inception, John Lewis sums it up best, and I quote, "equal access to health care is not a privilege, it is a fundamental right!!" I embrace, and am eager to help move forward the goals, the purpose, the mission, and the strategic plan of the Commission. I accept the moral imperative to improve the health status of the poorly served, underserved, and never served segments of our society. I look forward to the challenges that will allow us to demonstrate the highest principles of improving the health care needs of our citizens."

El crimen violento afecta a **todas** las familias en el Condado Pulaski. Su impacto es sentido por las víctimas, los sobrevivientes y sus familias y amigos.



La atención debe enfocarse en enviar a los criminales a la justicia, pero también en llevar recuperación a las víctimas y sus seres queridos. Si usted ha sido afectado por un crimen violento y necesita atención como víctima, contacte a Center for Healing Hearts & Spirits Victim Services, al 501.370.4852 o en la Internet en: www.hhscenter.org.

Center for Healing Hearts & Spirits
2416 South Chester Street
Little Rock, Arkansas 72205

501-370-4852

PHOTO GALLERY



Joyce Raynor, Executive Director receives diploma during Leadership Arkansas graduation ceremonies from Gov. Mike Beebe and Rep. Benny Petrus in Rogers, AR



"Education in Motion at Magic Springs" – no better event to encourage thousands of students to STAMP OUT SMOKING.



Mrs. Judy Smith, former executive director of the AR Minority Health Commission, interviews Mrs. Redious Yancey about her journey through grief over the death of her son, Omar.



Out of the Mouth of Babies "This is what happens when one smokes, spits, and chews tobacco products," says this young man at the WCAAA Neighborhood Afterschool program.



Adrian Harris, Terry Raynor, and Sabra Miller speak on the Annual KICK Butt celebration and how to get involved on the KABF Talk show.

Below, Fateema Smith reminds students at the Pulaski County Juvenile Facility that using tobacco products has serious consequences.



Terry Raynor distributes second hand smoke materials out to students at Central High School while Paula Shatzer explains how the use of tobacco products can lead to bigger crime.



Paula says, "Crime don't pay either. But if you've been a victim of violence, call us at 370-4325."



A project of the Women's Council on
African American Affairs, Inc.

Stamping Out Smoking!

The Center for Healing Hearts and Spirits, through its collaboratives, provides individuals with tobacco prevention education on the ills of tobacco products' usage.

Each year in the U.S., smoking kills more people than murder, AIDS, drug abuse, alcohol, car crashes, fires and suicides combined. Health care costs in Arkansas alone total more than six hundred and thirty million dollars a year.



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***"We Connect People To Services
That Affect Their Hearts,
Minds, Souls and Bodies."***

Joyce M. Raynor
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We Connect People to Services That Affect Their Hearts, Minds, Souls and Bodies.

The Center for Healing Hearts and Spirits is a project of the Women's Council on African American Affairs, Inc. (WCAAA)

Our mission is to promote and nurture individuals in areas of education, economic and community development, healthcare issues, public safety and race relations.

The Center for Healing Hearts and Spirits was created to assist victims of violent crimes and terminal illnesses and their affected families to improve the quality of their economic and social environment, transition back into the workforce and to provide for self-sufficiency.

How You Can Help...

We are a 501(c)3 non-profit organization. We operate solely on private and public donations. Your tax-deductible dollars will help us in assisting in our community.

If you would like to contribute, please make your check payable to Women's Council on African American Affairs, Inc. You may also make a memorial contribution in honor of a loved one to our organization.

We also need energetic, hard-working, health-conscious, community-oriented individuals who are committed to living smoke-free lives to volunteer at least 2 hours a month. Interested parties please call Joyce at 375-HEAL (4325).