

TRANSITIONS



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Joyce M. Raynor
Executive Director

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Executive Assistant

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WOMEN'S COUNCIL TOBACCO COALITION ROLLS UP ITS SLEEVES TO SAVE LIVES!

The Women's Council Tobacco Coalition has worked cohesively with its partners over the past three months to provide tobacco prevention education and outreach in Pulaski, Lonoke, Faulkner, Prairie, and Saline Counties. Whether traveling through rural Pulaski County, or making presentations on college campuses (UCA, UAPB and Philander Smith College) or conducting compliance checks in Des Arc, Carlisle and England, or speaking to small and large groups of students in areas schools, the Coalition's work is just beginning!

The Women's Council Coalition initiated a Back-to-School Drive in August and provided 10 area schools (75 students) with 100% of their

schools supplies, including backpacks promoting healthier lives by stamping out smoking. Women's Council Coalition and staff conducted more than 200 compliance checks to date and found 90% of retailers in full compliance. 10% were found with excessive tobacco signage or less than adequate signage regarding the age of purchase. The Coalition has made over 25 presentations to schools, churches, civic and community organizations and Chambers of commerce. The Coalition has disseminated more than 4,000 promotional and educational materials over the past 5 months to encourage youths and adults to quit smoking, to not start smoking, and to reduce

second hand smoke. The Coalition has referred 6 clients to the 1-800-NOW-QUIT and 1-800-ACS-2345 for cessation and has worked with one client who has been smoke-free for two months. These activities are replicated by numerous tobacco coalitions throughout the state.

Women's Council Tobacco Coalition and staff continue to work through our grantors, the Arkansas Department of Health and the University of Arkansas at Pine Bluff to ensure that all residents may have healthier homes, workplaces, playgrounds, and churches. If you would like to hear more about our services and join our efforts, please contact us at 375-HEAL (4325).

Director's Note

Now that fall has officially made its arrival, so does the darkness of the season that lasts through winter also appears. Mothers are faced with the realities of lost sons and daughters, spouses are faced with the dawning of another morning with an empty chair at their table, and there are fewer voices heard now than this time last year.

Counselors and physicians remind us that during this time, especially as the holidays approach, the voids that are left by violence and terminal illnesses are greater than ever before. The urgency in seeking refuge and help is most vital to the physical, emotional, and spiritual stability of one's self. Our community is blessed with resource organizations that offer assistance to clients who have suffered tremendous losses of lives and loved ones. The Center is pleased to serve the community and continues to be its connector to services.

As you may know, the Center for Healing Hearts and Spirits was created out of my personal tragedy. I constantly share my family's story about the tragic loss of our 23 year old son and brother, Charles, to gun violence; and my 57 years old brother to lung cancer nearly 4 years ago. This testimony is to encourage others of better days to come. Clients are urged to seek counseling to help them with their losses. I know what it feels like to lose someone who is so near and dear. While we are working with clients, it helps us to heal from our losses. It is true that "misery loves company" - people need to know that you feel what they feel. The absolute worse times of the year is Christmas, one less stocking to hang; birthdays, less candles to blow out; and, of course, who can forget Mother's Day.

The Center connects clients to services that specifically fits their immediate needs as well as provide forums to address their long-term sustainability. These services will not fill the empty chairs that have been left vacant by terminal illnesses, nor will it fill the voids in the hearts of so many by violence, but it will remind those who are trying to make it through one more day, that their steps do not need to be made alone. The Center for Healing Hearts and Spirits is here to assist with the TRANSITION. For more information about the Center for Healing Hearts and Spirits and its services you may click www.hhscenter.org or call 375-HEAL (4325).

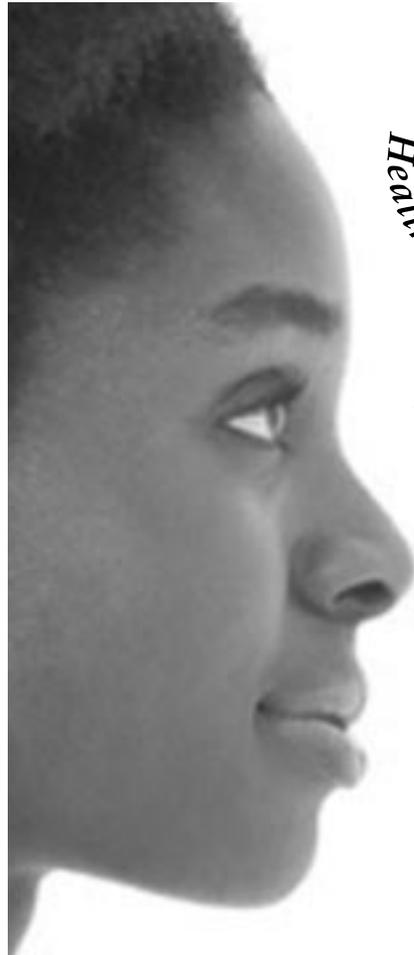
Joyce M. Raynor, Executive Director



CENTER TO HOST FIRST ANNUAL "WOMAN THOU ART WORTHY CONFERENCE"

The Center firmly believes that all individuals should attain their maximum potential and position themselves to reach the pinnacle of their success. We seek to empower individuals and assist them through the highs and lows in their lives. To this end, the Women's Council on African American Affairs, Inc. is making plans to host the Center's first "Woman Thou Art Worthy Conference" on Saturday, January 15, 2005 from 8:30 a.m. till 1:15 p.m. on the campus of Philander Smith College in the Kendall Science Center.

The half-day conference will empower 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." You will hear from experts who have come pull themselves up by there boot straps to reach the success they now enjoy. This conference is for women by women!



presents

"Woman, Thou Art Worthy" Conference

Saturday, January 15, 2005
8:30 a.m. – 2:00 p.m.
Philander Smith College –
Kendall Center

HOST COMMITTEE

Ms. Alice Abson
Ms. Joyce Campbell
Ms. Betty Conner
Ms. Hester Criswell
Rev. Barbara Douglas
Ms. Angela Donahue

Ms. Katherine Donald
Mrs. Tamika Edwards
Mrs. Becky Finney
Ms. Vivian Flowers
Mrs. Cassandra Green
Mrs. Carlette Henderson

Ms. Terri Hollingsworth
Mrs. Wilma Houston
Ms. Susie P. Marks
Ms. Lillie Murphy
Mrs. Marty North
Ms. Joyce M. Raynor

Ms. Kymara Seals
Ms. LaShannon Spencer
Mrs. Evan Steele
Ms. Katrina Stigger
Mrs. Mary Louise Williams
Mrs. Maura Loranzo Yancy

Sponsored by



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FRANCES E.
HARPER
CLUB, INC.



RICKEY HICKS
Attorney at Law



34TH STREET
BAPTIST CHURCH



TOMMY HOWARD

This is a conference that you won't want to miss! Please RSVP by completing the information below and by sending it along with your \$35 donation to: Woman, Thou Art Worthy - CHHS, 2416 S. Chester, Little Rock, AR 72206 or you may call us at (501) 372-3800.

Name _____

Guest Name _____

Address _____

Amount Enclosed _____

REPRESENTATIVE LINDA POINDEXTER CHESTERFIELD

Hope, achievement, trailblazer, advocate and above all, educator are just a few words that aptly define State Representative Linda Poindexter Chesterfield.

She was a native of Hope, Arkansas and began her education in the Hope Public Schools where she was an honor graduate of H. C. Yerger High School and one of the nation's initial National Achievement finalists. Chesterfield attended college at Hendrix College and earned a B. A. in History and Political Science. There, she made history as the first African-American graduate of that institution, the initial recipient of the college's Martin Luther King, Jr. Scholarship for promoting understanding among the races, and later as the 2000 Distinguished Alumnae Award recipient. A staunch champion of education, Chesterfield continued her studies at Ouachita Baptist University in Arkadelphia, where she received her MSE. She has done further study at the University of Mississippi, Arkansas State University, and the University of Central Arkansas.

Her commitment to education not only served as a foundation in her own training, it has been the keystone of her career as an educator, union leader, and as a public servant. She began this illustrious career at Fuller Junior High School, where she taught Social Studies and served as sponsor of the Student Council as well as Chairperson of the Social Studies Department.

The leadership she exhibited as a student and a teacher naturally catapulted her to numerous leadership positions in the National Education Association.

Among a long list of committee and officer positions, Chesterfield was elected to the nine-member Executive Committee of 2 million-member National Education Association (NEA) in July of 1989, served as Arkansas' representative on the NEA Resolutions Committee, and in June 2001 was elected chairperson of the NEA Black Caucus. At the state level, Chesterfield is the past president of the Arkansas Education Association (AEA), the largest educational association in the state of Arkansas. She has served as AEA Secretary-Treasurer, as an AEA Executive Committee member, on the AEA Board of Directors, and as chairperson of the AEA Black Caucus. In her own backyard of Pulaski County, she has been both President and Vice President of the Pulaski Association of Classroom Teachers (PACT) as well as chair of the Teacher Welfare Committee of the Pulaski County Special School District.

The wealth of other experiences as a leader and advocate in her profession charted her course as a leader and advocate in Arkansas politics and government. Chesterfield was the first teacher-member of the Little Rock School Board, and served two terms as President of the Little Rock School Board. In November 2002, she was elected to the serve in the Arkansas House of Representatives. Well recognized by her peers as a fearless advocate for those issues she believes most critical to Arkansans, Chesterfield was a vocal member of the committees on which she served: House Education Committee; House Agriculture, Forestry and Economic Development Committees; Legislative Audit Committees. She also serves as co-chair of the Desegregation Litigation Oversight Subcommittee.

In her first term as representative for District 36 (Part of Pulaski



County), Chesterfield was instrumental in negotiating the terms of the education reform, and passed legislation that provide housing incentives that will help recruit teachers to Arkansas in the state's most distressed school districts.

She has achieved much as a trailblazer of "Hope." But Chesterfield is a self-described country-girl from Arkansas who loves to Dance with her husband and read a good book, when she's not blazing new trails and challenging the status quo to do better with her strongest weapons – broad intellect and a sharp tongue. Chesterfield attends the Reed Memorial Christian Methodist Episcopal Church and is married to Mr. Emry Chesterfield. They reside in Little Rock, Arkansas.

2005 SESSION IS COMING UP! For updates on legislation, please contact your local legislators

**Senator Irma
Hunter Brown**
Little Rock
District 33

Senator Tracy Steele
North Little Rock
District 34

**Senator Henry "Hank"
Wilkins, IV**
Pine Bluff
District 5

**Representative-Elect
Nancy Duffy Blount**
Marianna
District 52

**Representative Linda
Poindexter Chesterfield**
Little Rock
District 36

**Representative Booker
Clemons**
Pine Bluff
District 16

**Representative-Elect
Otis L. Davis**
Earle
District 54

**Representative
Dwayne Dobbins**
North Little Rock
District 39

Representative Joyce Elliott
Little Rock
District 33

**Representative-Elect
Stephanie Flowers**
Pine Bluff
District 17

Representative Kevin Goss
Wilson
District 55

**Representative-Elect
Willie R. Hardy**
Camden
District 5

**Representative-Elect
Wilhelmina Lewellen**
Little Rock
District 34

**Representative-Elect
David Rainey**
Dumas
District 11

**Representative-Elect
Arnell Willis**
West Helena
District 13

RECOMMENDATIONS FROM THE EXECUTIVE DIRECTOR

For The Mind

Books

"This Isn't the Life I Signed Up For"

Donna Partow

Art Gallery

Pyramid Fine Arts and Books
Garbo Hearne, owner

Personal Trainer

Murphy Pro Fitness
Lillie Murphy, Owner

Movie

"Ray"

Caterer

RSVP Catering
Yolanda Hughes, Owner

Events

"Center's Pamper Party"
Monday, December 6th

Center's Open House
December 14th

"'Tis the Season" Seminar
December 15th

Local Entertainment

Michael Eubanks
Singer, Saxophonist

For The Spirit

"When someone you love become a memory, the memory becomes a treasure"

For The Body

Lung Cancer

According to the American Cancer Society, lung cancer kills more African Americans than any other cancer. The incidence rate for lung cancer in African American men is 50 percent higher than in Caucasian men. The lung cancer death rate for African Americans is about 27 percent higher than for Caucasians overall. Yes, the statistics are grim. But the good news is that the key to wellness is within reach. The most important things African Americans can do to ensure continued good health is to watch the diet, stop smoking and exercise.

For more info about recommendations, please call 372-3800

SECONDHAND SMOKE FACTS

The tobacco industry claims they're working to make a difference. But the effect of the product they sell hasn't changed a bit. Tobacco continues to kill millions of people around the world every year leaving devastated families to deal with the loss.

Did You Know That...

Secondhand smoke kills about 3,000 nonsmokers each year from lung cancer.

Secondhand smoke causes up to 300,000 lung infections (such as pneumonia and bronchitis) in infants and young children each year.

On average, someone who smokes a pack or more of cigarettes each day lives 7 years less than someone who never smoked.

Secondhand smoke causes wheezing, coughing, colds, and earaches.

Secondhand smoke causes asthma. A smoker can develop emphysema & other diseases from tobacco smoke.

"Putting Tobacco Away for Life"

THE WCAA TOBACCO COALITION NEEDS YOU!

Wanted! Energetic, hard-working, healthy-conscious, community-oriented individuals who are committed to living smoke-free lives to volunteer at least 2 hours a month. Interested parties please call Gwen at 375-HEAL (4325).

COUNCIL'S CORNER

Ms. Susie Marks was promoted to Vice President, Membership and Special Events at the Little Rock Regional Chamber of Commerce.

Joyce Raynor received MBDA Regional Directors Award during September MED Week Activities for outstanding service to AR Minority Business Development Roundtable.

Calendar of Events

For additional information on the above events, contact us at 375-4325.

Pamper Party
December 6, 2004
11:00 a.m. – 1:00 p.m.
Center for Healing
Hearts & Spirits

Center's Christmas Open House
December 14, 2004
3:00 p.m. – 5:00 p.m.
Center for Healing
Hearts & Spirits

"'Tis the Season to Be Healthy, Wealthy & Wise" Seminars
December 15, 2004
8:00 a.m. – 12:00 noon
Little Rock Regional
Chamber of Commerce

Minister's Brunch
January 19, 2005
10:00 a.m. – 11:30 a.m.
Location: TBA

An Evening to Heal A Heart
February 12, 2005
7:00 p.m. – 9:30 p.m.
Location: TBA

"Woman Thou Art Worthy" Conference
January 15, 2005
8:30 a.m. – 1:15 p.m.
Philander Smith College
Kendall Science Center

Clearing the Air for Communities of Color
February 24 and 25, 2005
Pine Bluff
Convention Center

CENTER CELEBRATES SUCCESS OF TEEN PARENTING CONFERENCE

The Center for Healing Hearts and Spirits sponsored its second annual Teen Parenting Conference on October 8, 2004 at the Little Rock Job Corp. The Job Corp played host to nearly 150 attendees which included 130 youths and teen parents. The attendees started their morning by listening as Carla Johnson, Ms. Philander Smith College, proudly shared her convictions about remaining abstinent and Mr. Leroy Randolph who educated even the adults on sex education. The day was filled with experts who spoke on teen pregnancy, healthier babies, being a real

father, role of hip hop music in the perception of women, becoming fiscally responsible to choosing that right career path to buying and owning your own business.

Conference attendees were awed by the talented teens as they participated in a talent show. More than fifteen entries expressed their creativeness through song, dance, and poetry. Cash and prizes were presented to winners of the contest. "We had more partners and sponsors that really added to the success of program, the interaction between the teens was wonderful and from the energy in the room,

I am certain that the information was well received", say LaShannon Spencer, WCAAA

board member. For more information on the conference, you may call 372-3800.



Youth express their talents to judges and other teens during the October Teen Parenting Conference while Joyce Raynor, Center's Executive Director, supports their efforts.

MAKE YOUR HOME A SMOKE-FREE HOME FOR THE HOLIDAYS



The Center for Healing Hearts and Spirits is partnering with the Little Rock School District and the American Cancer Society for a smoke-free homes awareness campaign. This collaboration will consist of various tobacco prevention specialists visiting local churches for participation in the smoke-free homes pledge drive.

The holiday season provides a great opportunity for the Center for Healing Hearts and Spirits and the Little Rock School District to promote their individual smoke-free homes campaign.

The CHHS has spent more

than a year promoting their awareness campaign – "For Me and My House" throughout the state. The Little Rock School District will embark on a new endeavor with promotion of their programs through elementary, middle, and high schools.

Tobacco is the #1 most preventable cause of death in the United States. Everyday more than 1,200 people die from tobacco. The smoke-free homes campaign during the holiday season allows local residents to send a positive and healthy message to their friends and family.

"Everyone should enjoy this holiday season without having to be distracted by secondhand smoke from another person's cigarette," said La'Shara Doss, Community Advocacy Representative for the American Cancer Society. "The decision to make your home a smoke-free environment will make a long impact on your children, family, and peers."

For more information about how your organization

can participate in the smoke-free homes for the holidays campaign, contact one of the individuals listed below for more information.

Joyce Raynor
CHHS
(501) 375 - HEAL

Mary Fleming
LRSD
(501) 447-7498

La'Shara Doss
ACS
(501) 603-5203

THE CENTER FOR HEALING HEARTS & SPIRITS WOULD LIKE TO THANK ITS 2004 SPONSORS AND CONTRIBUTORS

Arkansas Minority Health Commission
CDI Contractors
City of Little Rock
Doyle Construction Company
Frances E. Harper Club Inc.
Griggs & Stiggs
Jkelly Referral & Information Services
Little Rock Job Corp
National Assn of Minority Contractors

Philander Smith College
Phi Beta Sigma
Raynor Consulting Inc.
Rev. Rickey Hicks
RSVP Catering
State of Arkansas
St. Mark Baptist Church
34th Street Baptist Church
Tommy Howard
Wal-Mart
Senator Blanche Lincoln's Office
Women's Council

PHOTO GALLERY

MED Week 2004



MED Week 2004 honored local entrepreneurs.



Faith Based Economic Development Symposium



Arkansas Minority Business Development Roundtable hosted the first annual Faith Based Economic Development Symposium in September, with keynote speaker Dr. Joe Samuel Ratliff of Brentwood Baptist Church, to encourage churches to adopt economic development ministries.

SOS Activities



Woodruff Elementary



Joyce Raynor encouraged over 100 students and faculty at Woodruff Elementary School to Stamp Out Smoking and asked them to participate in the "For Me and My House" Campaign.

Allport



Women's Council Tobacco Coalition presented and exhibited tobacco prevention educational materials in Allport during Johnny E. Gay Day.

PHOTO GALLERY

Teen Parenting Conference



Youth and teen parents listen and participate as presenters share their expertise during the Center's October Teen Parenting Conference at the Little Rock Job Corp Center.

ARKANSANS FOR DRUG FREE YOUTH

Arkansans for Drug Free Youth is on a new mission to recruit volunteers to be a part of the ADFY Y.E.S. team. The ADFY Y.E.S. team stands for Youth Extin-

guishing Smoking. This diverse group of students comes from all over the state to help fight youth tobacco prevention efforts in Arkansas. The ADFY Y.E.S. team's

mission is to conduct youth prevention programs in their local communities for tobacco prevention and education. ADFY Y.E.S. team members is actively recruit-

ing members to join the team and help fight tobacco in Arkansas. For more information about the ADFY Y.E.S. team, contact Genine Perez at (501) 375-1338.

AMERICAN CANCER SOCIETY LEGISLATIVE AGENDA

The American Cancer Society will be working hard in the 2005 Arkansas legislative session to pass bills that protect the health of all Arkansans and reduce the cancer incidence and mortality rate.

American Cancer Society Government Relations Director, Kevin Dedner, will work with local residents to pass a colorectal cancer act and a prescription drug bill. He will also monitor the Arkansas'

tobacco dollars and collaborate with various health organizations and elected officials to pass legislation that the American Cancer Society endorses.

Kevin will work with the ACS Community Advocacy Team over the next year to educate lawmakers about the cancer bills with advocacy projects that will take place on a monthly basis. Some of those projects include the Colorectal Colon Tour from the Colon

Club for colorectal cancer education. The Colon Tour will give lawmakers and state capitol visitors the opportunity to walk through a real model colon.

The donated drug bill is a unique bill that will make medications from deceased patients available to individuals suffering from a chronic disease who demonstrate a medical need. The medications would be available through the Arkansas

Board of Pharmacy. This bill will help reduce the financial burden of many Arkansans who may not be able to afford medications to fight an illness.

If you would like to get involved with the American Cancer Society's advocacy efforts. Contact the Arkansas Government Relations Director at 1-800-ACS-2345 or visit the American Cancer Society website at www.cancer.org.



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.

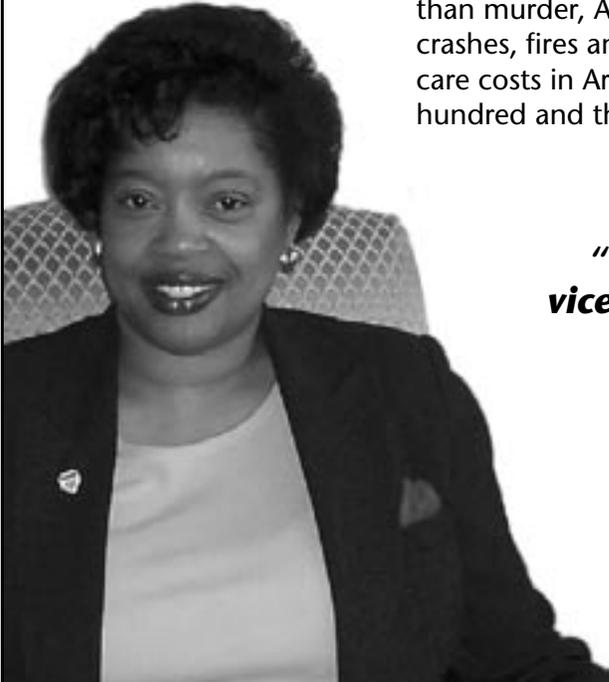
Each year in the U.S., smoking kills more people than murder, AIDS, drug abuse, alcohol, car crashes, fires and suicides combined. Health care costs in Arkansas alone total more than six hundred and thirty million dollars a year.



STAMP OUT SMOKING

Arkansas Department of Health
stampoutsmoking.com

Call it quits
1-866-NOW-QUIT



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

Joyce M. Raynor
Executive Director
Center for Healing Hearts & Spirits

Center for Healing Hearts & Spirits

2416 South Chester Street
Little Rock, Arkansas 72206

501-375-HEAL

joyce.raynor@sbcglobal.net

www.hhscenter.com



Funding provided through the Minority Initiative Sub-Recipient Grant Office at the University of Arkansas at Pine Bluff.

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.



2416 South Chester
Little Rock, AR 72206
501-375-HEAL

Fax 501-372-2150

hhscenter@sbcglobal.net

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

www.hhscenter.org