

# TRANSITIONS

Volume 3, Issue 2 • 2005



## COUNCIL MEMBERS

**Susie P. Marks**  
*President*

**LaShannon Spencer**  
*Vice President*

**Hester Criswell**  
*Secretary*

**Mary L. Williams**  
*Chaplain*

**Barbara Douglas**

**Cassandra Green**

**Pamela Petty**

## CENTER STAFF

**Joyce M. Raynor**  
*Executive Director*

**Katrina Stigger**  
*Project Director*

## IN THIS ISSUE

 **Little Rock Mayor Hopeful Smoke Free Task Force Will Support Legislation**

 **Our Responsibility**

 **"That's What Up" Conference**

 **Fighting Childhood Obesity**

 **Photo Gallery**



## "OUT OF THE MOUTHS OF BABES"

**October 18, 2005 Arkansas Democrat Gazette Editorial**

### "Make Products Illegal"

Who says that adults always know what best for us when it comes to laws, health, and moral issues? Sometimes we just need to sit and truly listen to our young. I have been a Tobacco

Prevention Advocate for some time now, especially in the area of "Reducing Youth Access". As I travel to and fro speaking to diverse groups about their health, their habits, and their heritage, I am occasionally reminded that I too need to become a better listener.

We often admonish young people not to smoke cigarettes, chew and spit tobacco products, or drink alcohol. We tell them

about the ills and habitual affects of their usage to them individually and to others that they come in contact with. It all seems so simple to us as non-smokers and those of us who do not figure alcoholic beverages in our monthly budgets. If we sit back or tend to loved ones who are suffering and dying from diseases related to the ills, we simply say, "Just don't use them." But an 8th grader in the Little



Rock School District, looked at me one day very serious and asked, "Lady, if the cigarettes and alcohol are so bad, and kill and hurt so many people, then why are they legal? Shouldn't the police arrest people for using that stuff if it kills people?"

I say not the police, but that is an issue for our legislators to look at very serious. Especially where it comes to Second Hand Smoke and minors. It is against the law for adults to provide alcohol to minors, should it not apply to tobacco, more specifically Second Hand Smoke?

*Joyce M. Raynor*  
*Little Rock*

### Director's Note

Dear Readers,

Each day we are reminded of what should matter to us most in life – our health and safety and the lives of our loved ones and friends. As we watch the TV, sound bite by sound bite, we see the devastations left by Hurricanes Katrina, Rita, and now Wilma, we feel the loss of our men and women in Iraq, we notice the outcry for support in countries such as Pakistan and India that have been rocked by earthquakes, the ongoing hunger and malnutrition in Africa, and many of us are personally affected by violence in the major cities in Arkansas. We all should feel the urgency to prioritize our lives. We need to put first things, first. My priorities differ from each of yours. Allowing God to order my steps is #1, serving my fellowman / woman and becoming my brother's keeper is #2, living in a healthy and safe environment that is smoke-free is #3, and providing education to the underserved communities is #4. Some of you will possibly say that I have omitted some essentials such as financial wealth and stability, a career with upward mobility, a home in the valley, etc. The truth is that if we allow God to order our steps, all of the aforementioned things will come. I challenge each of you to prioritize your lives and the lives of your children. It's an individual choice!



## LITTLE ROCK MAYOR HOPEFUL SMOKE FREE TASK FORCE WILL SUPPORT LEGISLATION

Little Rock Mayor Jim Dailey returned from his summer vacation in a smokefree Colorado city, to announce the newly formed Little Rock Smoke Free Task Force and share his desired goals for a smokefree Little Rock by the end of the year.

"The momentum is going that way," Dailey said in a recent interview the Arkansas Democrat Gazette. "We're close to a time frame where I think the public wants to see something like that."

During the hour long press conference, Mayor Dailey elaborated on his initial commitment to this issue with his State of the City address in early February. He further concluded that a task force of both business and health advocates would bring a variety of opinions and thoughts to the task force meetings. Their research and ideas would help to produce the final outcome of the Little Rock smokefree ordinance.

Dailey showed his public support of the ordinance by stating that he would like for the smoking ban to include all workplaces and restaurants. There was no mention of bars; however, he also stated that the task force final recommendations would be used by the City Board to make the final decision on the ordinance.

The eight member task force includes Dr. David Bourne, a local VA Hospital Physician; Herb Broadway, bar owner; Eric Estes, Office of Attorney

General; Jay Hamric, Outback Steakhouse; Tim Heiple, Heiple & Wiedower Architects; Lee Johnson, Jay's Place; Mary Beth Ringold, Cajun's Wharf and Capers; and Kathy Webb, Lily's Dim Sum. City Board Director, Genevieve Stewart, also a cancer survivor, will chair the task force and provide director. She will be the ordinance sponsor in November after task force recommendations have been made.

These individuals will review a recent economic impact study conducted by the UALR Institute of Economic Advancement, meet regularly to be educated about the issues, and make final recommendations to the city council on actions that should be taken by the Little Rock City Board.

The study showed favorable outcomes of a smoking ban, and researched various factors of cities that compared to Little Rock in size, economy, and type of ordinance. The UALR researchers found little to no economic effect on businesses when a comprehensive smoking policy was implemented.

The American Cancer Society, American Heart Association, and the Coalition For A Tobacco Free Arkansas will be working together to educate and advocate for a strong ordinance in Little Rock. Anyone interested in educating the community or the city board about this issue can call La'Shara Doss at (501)-603-5203 or by e-mail at [la'shara.doss@cancer.org](mailto:la'shara.doss@cancer.org).

## FAST FACTS ABOUT PHYSICAL ACTIVITY

- 55.3% of Arkansans fail to meet recommendations for moderate or vigorous activity.
- Despite the proven benefits of being physically active, more than 28% of American adults report no leisure-time physical activity.
- Physical activity can make you feel more energetic, sleep better and control your appetite.
- Physical activity helps prevent being overweight and obese, and is important in maintaining weight loss.
- Physical activity helps prevent heart disease, helps control blood pressure, cholesterol levels and diabetes, slows bone loss associated with advancing age, lowers the risk of certain cancers and helps reduce anxiety and depression.
- According to the Centers for Disease and Control and Prevention (CDC), participants in a major clinical trial exercised at moderate intensity, usually by walking an average of 30 minutes a day, five days a week and lowered their intake of fat and calories. This resulted in weight loss of about 10 to 15 pounds, reducing their risk of getting diabetes by 58%.
- All adults should accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week. If there isn't time for a continuous 30-minutes some days, even three 10-minute segments daily will provide benefits.

## 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.

## 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 Joyce at 375-HEAL (4325).

## COUNCIL'S CORNER

### Susie P. Marks: Practicing What You Preach!

Non-profit work is more than a thought. It's more than a well crafted business plan, it's long hours, little

money, and very often short staffed. But the rewards are eternal. The need for services increase each day for a multitude of clients. Many organizations depend on the support of its volunteers.

The Center for Healing Hearts and Spirits is such an organization that rely on the generosity of its many volunteers, more specifically, its board members.

The Center has been led for 5 years by a group of ladies called "The Women's Council on African American Affairs, Inc." The

Center is proud of the work of the Council to support its many community efforts.

The Center would like to highlight the WCAAA President, Ms. Susie P. Marks for her dedication, commitment, and support. Susie rallies the troops around each Center initiative to ensure its effectiveness and efficiency.



Susie

continually gives her time, her money, and her encouragement to the Center staff and its many efforts. She preaches commitment and dedication, she practices commitment and dedication. We Salute Susie P. Marks! She practices what she preaches.

## OUR RESPONSIBILITY

By Chavvah McCoy

Before I started working with the KABF Tobacco Prevention Program a year ago, I knew that tobacco was harmful for a number of reasons. I was aware that tobacco use puts people at an increased risk for lung cancer. I was sure that secondhand smoke was bad, if only for the reason that it gave me headaches and irritated my friend's asthma. What I didn't realize at the moment, though, was my responsibility to help others make positive decisions for their health.

My knowledge of the dangers of tobacco should have kept me from wanting to try a cigar. My understanding that nicotine is an addiction should have led me to encourage friends to get help to quit smoking. My awareness on the health hazards of secondhand smoke should have compelled me to ask my favorite restaurant to provide a smoke-free environment for patrons and workers alike. Unfortunately, education can only do so much. Once I began working with the Tobacco Prevention Program at KABF 88.3 FM, the light turned on in my head. I realized that knowledge of any kind is great, but acting on that information can take you a lot further.

Perhaps you're in the same situation I once was—full of

knowledge, but not using it to help yourself or someone else. We each have a responsibility to educate others who don't have the same understanding we possess on the various issues of tobacco. Once we educate, we must also allow ourselves to be agents of change. Here are some ideas to help you get started:

1. Speak up the next time you're tempted to look the other way when your friend lights up in front of your child. You'll protect a loved one from secondhand smoke and you'll also get someone to think about his/her personal health.
2. Offer support to your co-worker who wants to quit smoking by suggesting tobacco cessation programs that he/she may want to join. By doing this, you'll show your support of his/her decision to pursue a healthier life.
3. Talk with your manager about developing a tobacco-free workplace. That way, you and your co-workers will be healthier by working in smoke-free environment. Let's do what we can to encourage positive change. Let's continue in the effort to create a healthier community—it's our responsibility.

### Calendar of Events

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

"That's What Up"  
Conference

Saturday, Nov. 12  
Philander Smith College

Great American Smoke Out  
Thursday, Nov. 17  
The River Market Pavillion

Business  
Opportunity Brunch  
Nov. 15  
10 a.m. - 11:30 a.m.  
Little Rock Regional  
Chamber of Commerce

"Tis the Season to be  
Healthy, Wealthy and  
Wise" Celebration

Friday, Dec. 9  
10 a.m. - 2:00 p.m.  
Center for Healing Hearts  
and Spirits

"An Evening  
to Heal A Heart"  
Feb. 2005

Women Empowerment  
Conference  
March 2006

**CENTER JOINS FORCES  
WITH 34TH STREET BAPTIST  
CHURCH AND STRETCHES  
ITS HANDS TO ASSIST  
KATRINA EVACUEES**

**If you or someone you know  
has been affected by the  
devastating effects of Katrina,  
you may contact us at 372-3800  
to be connected to available  
resources.**



and  
PHILANDER SMITH COLLEGE  
present

# THAT'S WHAT UP: SEX, LIES, 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., Nov. 12, 2005 • 8:30 a.m. – 2:30 p.m.  
Philander Smith College, Kendall Science Center  
823 Trudie Kibbe Reed Drive

## 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 - 14  
“RECOGNIZING THE GAME”  
“LESSONS FOR A QUEEN”

Room B: Females 15 and up  
“LESSONS FOR A QUEEN”  
“RECOGNIZING THE GAME”

Room A: Males ages 10 - 14  
“HOW TO BE A PLAYA”  
“BEING THE KING OF THE HILL”

Room D: Males 15 and up  
“BEING THE KING OF THE HILL”  
“HOW TO BE A PLAYA”

11:00 a.m.  
**Conference Track Two  
(1 hour - all ages)**

“CHOICES, CONSEQUENCES  
AND THE BOTTOM LINE”  
Internet Predators, Date Rape,  
and the “Money in the Middle”

12:15 p.m.  
**Lunch Forum**

“MUSIC, MAGAZINES  
AND MAKING IT IN THE INDUSTRY”  
*Entertainment provided by*  
**Apple on the Rocks Records**

2:30 p.m.  
**“Rap It Up! Pay Up!”**

SPONSORED BY



Doyne Incorporated

**Pokey D's  
Restaurant**



Women's Council  
on African American  
Affairs, Inc.

Special Thanks to Our Partners

CATHERINE'S HOUSE  
P.A.R.K.

NEW FUTURES FOR LR YOUTHS  
LITTLE ROCK SCHOOL  
DISTRICT

LITTLE ROCK REGIONAL  
CHAMBER OF COMMERCE  
LITTLE ROCK JOB CORPS

PULASKI COUNTY  
SPECIAL SCHOOL DISTRICT

### THAT'S WHAT 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 \_\_\_\_\_

School or Company Address \_\_\_\_\_

Company Phone \_\_\_\_\_ Company E-mail \_\_\_\_\_

Personal Phone \_\_\_\_\_ Personal E-mail \_\_\_\_\_

Please return this form by November 4th to Toni Martin. By fax: (501) 975-6132. By E-mail: [tonim@jkellyreferrals.com](mailto:tonim@jkellyreferrals.com) and [hhscenter@sbcglobal.net](mailto:hhscenter@sbcglobal.net) • For more information, call (501) 975-7480 or 1-888-553-8480.

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 AND HUMAN SERVICES  
[stampoutsmoking.com](http://stampoutsmoking.com)

Call it quits  
1-866-NOW-QUIT

## 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 CENTER FOR HEALING HEARTS & SPIRITS WOULD LIKE TO THANK ITS 2005 SPONSORS AND CONTRIBUTORS

**Bank of the Ozarks  
Betty Conner  
City of Little Rock  
Doyne, Incorporated  
Entergy  
Philander Smith College  
Susie M. Parks  
State of Arkansas**

## FIGHTING CHILDHOOD OBESITY

**By Missy Lewis  
Metro Executive Director  
American Heart Association**

About 16 percent of our nation's children and adolescents are overweight or obese – four times more than two decades ago. If this trend continues, our nation's physical and fiscal health will be in danger. That's why former President Bill Clinton and Governor Mike Huckabee have joined with the American Heart Association to fight childhood obesity.

Childhood obesity is leading to a broad range of health problems that previously weren't seen until adulthood, including high blood pressure, type II diabetes and elevated blood cholesterol levels. In addition to the physical toll, obese children often suffer from low self-esteem, negative body image and depression.

Obesity is a critical public health issue that not only affects the nation's health, but also the nation's wealth. Just consider these facts.

### **Health Consequences:**

- Most overweight children have at least one other major risk factor for cardiovascular disease such as elevated cholesterol, insulin or blood pressure.
- Overweight children and adolescents have about a 70 percent chance of becoming overweight adults -- increasing their risk for heart disease.

- People who are obese or overweight are estimated to have a lower life expectancy. Recent studies suggest that obesity shortens the average lifespan by at least four to nine months.

### **Financial Consequences**

- Obesity-related annual hospital costs for children more than tripled between 1979 and 1999.
- Economic costs to U.S. businesses from obesity-related illnesses represent about 5 percent of total medical care costs.
- Studies have shown that as body mass index numbers increase, so do the number of sick days, medical claims and health care costs.

As childhood obesity rates continue to rise, it becomes increasingly important to address the issue from multiple vantage points. This new alliance will focus on the issues that contribute to childhood obesity and influence children's lifestyles, and create solutions that inspire all young Americans to develop life-long healthy habits.

For more information about childhood obesity and the American Heart Association contact our office at 501-375-9148.



Missy Lewis

# PHOTO GALLERY

## Cinco de Mayo at The River Market



## Education in Motion at Magic Springs



## Asian Festival



*WCAAA President Susie Marks staffs Coalition's Booth at Asian Festival while educating marshall arts students on Second Hand Smoke.*

*Joyce shows what tobacco does to the teeth during Asian Festival in July.*

## World Fest



*Chavvah at World Fest*

*James and Katrina at World Fest*

## UAPB Grant Funding Announcement Press Conference at Philander Smith



## Gaines Street Health Fair



# PHOTO GALLERY

## ADFY'S Say Y.E.S. Youth Conference



## Derek Lewis Foundation Health Fair at St. John's Baptist Church



## African Women Health Project International Press Announcement of Health Conference



## Sherman Park Day



*Sherman Park Day proves to be a "Hot Topic" for attendees in the Park while Stamping Out Smoking.*

## LULAC National Conference



*Joyce Raynor talks about the "Death of a Lung" resulting from the ills of Tobacco Products with Willie Jones during the LULAC National Conference at the Little Rock Statehouse.*

## "For Me and My House Back to School Drive"



*Center volunteers answer the call and pitch in during the CHHS "For Me and My House Back to School Drive" in August.*

## Kick Butts Day





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 AND HUMAN SERVICES  
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 Arkansas Department of Health and Human Services and the Minority Initiative Sub-Recipient Grant Office at the University of Arkansas at Pine Bluff.



2416 South Chester  
Little Rock, AR 72206  
501-375-HEAL  
Fax 501-372-2150  
hhscenter@sbcglobal.net  
www.hhscenter.org

*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.