

TRANSITIONS



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WOMEN'S COUNCIL RECEIVES \$103,000 IN GRANTS TO REDUCE TOBACCO CONSUMPTION

The Women's Council on African American, Inc. (WCAAA) was approved for a second round of funding from the Arkansas Department of Health and the University of AR at Pine Bluff Minority Sub-Recipient Initiative Program. These funds will afford the WCAAA's Tobacco Coalition to continue its work in tobacco prevention education within five counties in Arkansas. These counties are Pulaski, Saline, Lonoke, Prairie, and Faulkner. The WCAAA Tobacco Coalition is working to change communities in the Greater Little Rock Metropolitan Statistical area's norms in the way in which they currently view tobacco usage and seeks to educate its citizenry on the ills of tobacco products and ultimately encourage many of its citizens to become tobacco prevention

advocates through this grant offering.

The tobacco initiative is a collaborative effort that impact Arkansas's youth by addressing their consumption of tobacco products. The program seeks to encourage, implement and cultivate the creation of tobacco free workplaces; create and implement a plan to decrease tobacco sales to minors; to conduct a media blitz to highlight the problem of youth access and perils of tobacco usage; to build a coalition of diverse partners to participate in tobacco prevention activities; and lastly, to become a clearinghouse for youth and adults to access for information on prevention agencies, local health services, enforcement on state laws pertaining to violations, insurance companies' policies regarding tobacco usage

and related illnesses.

The WCAAA Tobacco Initiative touch approximately 100,000 residents either through direct education and awareness or indirectly through advertisement via radio, tv, and print media. The coalition is 25 members strong and still growing. More than 200 tobacco outlets and retailers were visited during year one and we are pleased to inform that 98% were in total compliance of laws pertaining to tobacco sales. We continue to see more smoke-free environments, especially in the restaurant and hospitality industry.

For more information on the WCAAA Tobacco Initiative, how you can assist our effort, or how you can access our services you may contact us at 501-375-HEAL (4325) or via e-mail at hhscenter@sbcglobal.net.

Director's Note

The Center for Healing Hearts and Spirits has been working with its many partners over the past nine months to deliver critical services to our diverse client base. We continue to assist individuals as they transition through life's obstacles.

We have been blessed and enriched by our partners and hard working volunteers who help us to ensure the success of the Center's many programs. We are currently proud of the opportunities afforded us to serve Central Arkansas and outlying counties.

Unfortunately, our community needs are so great, that we have not yet begun to make a dent in the work that has to be done. Black on Black Crime continues to be at an all time high. Tobacco product usage is a major problem in our community and kills more

people than murder, AIDS, drug abuse, car crashes, fires and suicides combined. We realized that if we are to make significant changes in our community, we need your help! We are in need of both monetary and volunteer contributions.

We are appreciative of the faith that you have placed in us to be servants in our community and we will work hard to deliver the highest quality services.

We ask that you assist us in assisting you by giving us your feedback on our program services by e-mailing us at hhscenter@sbcglobal.net. We can all make Greater Little Rock a better place to work, live, and play.

Joyce M. Raynor, Executive Director



Calendar of Events

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

Arkansas Legislative Black Caucus Retreat

August 12-13, 2004

Clarion Hotel

Hot Springs, Arkansas

Minority Enterprise Development (MED) Week 2004 Conference

September 13-17, 2004

Be sure to register early!

Conference Registration:

501-374-2001

501-372-3900

Website: www.ambdr.org

MED Week 2004 Conference Awards Luncheon

September 14, 2004

11:45 a.m.

MED Week 2004 Conference Economic Development Faith-Based Symposium

September 15, 2004

8:00 a.m. – 3:00 p.m.

MED Week 2004 Conference Business Opportunity Networking Reception

September 16, 2004

4:00 p.m. - 6:00 p.m.

Teen Parenting Conference

October 8, 2004

Little Rock Job Corp

Little Rock, Arkansas

Evening to Heal A Heart

November 6, 2004

Location TBA

Little Rock, Arkansas



CENTER MAKES PLANS FOR 2004 TEEN PARENTING CONFERENCE

The Center for Healing Hearts and Spirits will present its Annual Teen Parenting Conference on the campus of the LR Job Corp on Saturday, October 8, 2004. More than 100 attendees are expected to attend this one day event which is designed to decrease the trends of pregnancy in the greater Little Rock Community. This goal will be accomplished by encouraging young men and women to continue their education before and after childbirth with knowledge of increased job opportunities with a strong educational background.

Philander Smith College was the venue for the 2003 conference hosting 50 attendees. The conference utilized the expertise of numerous presenters on such topics as Abstinence and Sex

Education, Guess Who's Pregnant/Who has my Back?, R.E.S.P.E.C.T/Treat Her Like a Lady, Parent Talk, Real Father-Real Man, and many others.

Mrs. Mary Louise Williams, WCAA Board Member and a member of the Pulaski County Quorum Court, shared that this forum was a clear example of projects sponsored by the Women's Council that serve to promote and nurture individuals in education and healthcare areas. "It was one of the best conferences I have ever attended; we had an opportunity to really tell it like it is," says Fateema Smith, a single parent who has since graduated from UALR with an undergraduate degree in Business and is contemplating the purchase of her first home. For more information on the conference, you may call 372-3800.



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Phone 501.779.5039 - P.O. Box 55952 - Little Rock, AR 72215

Email: contact@arminorityweb.com

This project funded by the Arkansas Minority Business Development Roundtable

ARminorityweb.com is a comprehensive community-based Web site focused solely on the businesses, community interests, and events of Minority Americans in Arkansas.

ARminorityweb.com is the first major web site in the state of Arkansas to cater to minority-owned businesses in Arkansas.

The primary focus of this web site is to promote and create awareness for minority owned and operated businesses. "This site was created so that people visiting our site will have a single resource for statewide minority owned businesses, said Jeffrey

Clark, Founder. We want to provide one source for other entities to go to who are looking to work with minority owned businesses."

The purpose of this site is to bring businesses and potential customers together. Being a business owner, it's understood that you must utilize every advertising avenue possible to stay in business and remain ahead of the competition. This site was built to provide a place where minority owned businesses in the Arkansas can easily be found on the Internet.



Joyce Raynor, flanked by Attorney General Mike Beebe and Vivian Flowers, solicits law enforcement officials help to combat Black on Black crime during Black on Black Crime Month in January 2004.

REPRESENTATIVE JOYCE ELLIOT

A Profile of a Champion

Zeal, Acumen, and Flair

Only a linguist or a poet could aptly describe the zeal, acumen, and flair that Representative Joyce Elliott exudes when she's moving a bill through the legislative process or teaching high school students the artistry and grammatical nuances of the English language. But then, watching her in action is more fun anyway. Just ask the students who revere her, and the legislative colleagues who respect the integrity, grace, and principled dedication that garnered her the title as one of the "10 Best Legislators" by the *Arkansas Democrat Gazette* and "Ten Women We Love" by *Little Rock Monthly*.

Ascension to the Statehouse

Joyce Ann Elliott's ascension to the schoolhouse and the Statehouse began in Willisville, Arkansas, where she was born and attended public schools through her graduation from high school. She went on to earn an undergraduate degree in English and speech from Southern Arkansas University in Magnolia in 1973 and a graduate degree in English from Ouachita Baptist University in Arkadelphia in 1981. For over thirty years since graduating from college, Elliott has taught junior and senior high school students (advanced and non-advanced placement) in Texas, Florida, Minnesota, and Arkansas. Last August Elliott took leave from her classroom duties to accept a position with the College Board as Director of Advanced

Placement Field Initiatives, which will focus on expanding access to AP to students currently underrepresented in AP classes: African American, Latino, rural, and low-income

Little Rock. Whether fighting for hate crimes legislation, sponsoring economic development legislation benefiting minority businesses, or working feverishly to halt bad

subcommittee on Higher Education and the Joint Committee on Educational Facilities, and serves as vice chair of the Arkansas Legislative Black Caucus.



students. As her students say, Elliott knows how to "represent."

Giving Politicians a Good Name

Her abiding commitment to education, her students, and public service led Elliott to run for state representative in 2000. She is now serving her second two-year term as Arkansas State Representative for District 33, which is comprised of part of

bills; Elliott provides the kind of public service that gives politicians a good name. She established herself as a stalwart progressive policy-maker who does what she says and says what she does. Now serving her second term, she has burst onto the scene like one of the tenured good 'ole boys that proceeded term limits along with her membership to the exclusive policy-making body of state representatives. Elliott chairs the

for her distinction and great works as a legislator and an educator, but let her tell it, her most important work has been delivered in her performance as a mom. Her son, Elliott Barnes, is a gifted athlete and musician but is *studying* to be an English teacher — with absolutely no coercion (but attend by unbridled pride) from his mom!

Not Just All Business

Arkansas is blessed with many great leaders, devoted educators, effective legislators, and dedicated public servants committed to progress and prosperity to its citizens. But the constituents of District 33 and the Center for Healing Hearts and Spirits have been blessed by all three in Representative Joyce Elliott. However, this legislative warrior princess is not just all business. Among her favorite distractions are whitewater rafting, reading, *Jeopardy*, running, solo road trips, and traveling to countries where English is not the primary language.

Her Greatest Performance

The Center, scores of students, and many who work with Elliott in public service hail her

Kudos to a great Champion of Champions!

COUNCIL'S CORNER

Ms. LaShannon Spencer is a recent graduate of Class XIX of the LR Regional Chamber of Commerce' Leadership Greater Little Rock.

Mrs. Pamela Petty joined the Regions Bank Family in Dallas, TX last fall. Bon Voyage, Pam! You will be missed!

Ms. Susie Marks is currently enrolled in the United States Sports Academy to obtain her Masters in Sports Management.

Mrs. Mary Louise Williams was recently elected as Pulaski County Democratic Committee Chairperson.

Mrs. Cassandra Green and husband, Steve were blessed in November with a healthy new baby boy.

Rev. Barbara Douglas received a prestigious honor as the second African American Woman to become Elder of a United Methodist Church in the state of Arkansas. She also recently returned from a trip to Australia for Global Campus Ministries.

Ms. Joyce Raynor was recently appointed to the state's Minority Business Council and was nominated for the 2004 Power Play Individual Award.

RECOMMENDATIONS FROM THE EXECUTIVE DIRECTOR

For The Mind

Books

"The Purpose Driven Life"

Rick Warren

"My Life"

Bill Clinton

Art Gallery

Pyramid Fine Arts and Books

Garbo Hearne, owner

Publication

"Power Play"

Movie

"Fahrenheit 9/11" MUST SEE

Events

"Teen Parenting Conference"

October 8, 2004

"Evening to Heal a Heart"

November 6, 2004

(for more info about recommendations, please call 372-3800)

For The Spirit

"The Greatest Healing Therapy is Friendship and Love."

- Hubert Humphrey

For The Body

Advice to Live By - The nine guidelines to better ensure a cancer-free life are:

- Not smoking
- Avoiding excess weight and limiting adult weight gain to no more than 11 pounds from age 18 (they recommend having a maximum BMI - a measure of body fat - of less than 25)
- Getting daily moderate exercise and a vigorous workout at least once a week Eating at least five servings of vegetables and fruits each day
- Eating at least 14 ounces — about

seven portions — of whole grains, cereals, and other complex carbohydrates each day, while limiting processed foods and refined sugar

- Limiting alcohol to one drink a day (for women)
- Limiting red meat to no more than 3 ounces daily
- Limiting intake of fatty food, particularly those of animal origin, to no more than 30% of total calories
- Limiting intake of salted foods and use of salt in cooking to less than 2,400 milligrams of sodium daily

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"

WOMEN'S COUNCIL TOBACCO COALITION LAUNCHES NEW INITIATIVE

The Women's Council Tobacco Coalition in Little Rock jump-started the 3rd quarter by launching a new smoke-free campaign at Daisy Bates Elementary School in Pulaski County. More than 600 elementary students were in assembly on March 12 to listen to Joyce Raynor, Executive director of the Center for Healing Hearts and Spirits, encourage them and school

administrators to participate in the "For Me and My House" Campaign – an initiative to have students obtain smoke-free pledges from their individual homes. As students chanted "STAMP OUT SMOKE", Ms. Raynor reminded them that rewards would be given at the end of the two-week campaign.

The WCAAA Tobacco Coalition made a second trip to Daisy Bates Elementary on

Friday, April 16, 2004 and made good on its promises. A total of 2,267 pledges were obtained by the 22 participating classes. Mrs. Kean's 4th Grade class was the overall winner with the largest number of pledges—The class received a certificate for a Pizza Party. Kudos to little Ms. Carol McCauley, a fourth grader who single handedly obtained 1,011 pledges. Ms. McCauley received a back pack full of

goodies for her efforts! A student from each of the 22 classes received a back pack for their efforts. Mrs. Raynor commented, "The WCAAA Tobacco Coalition is proud of Daisy Bates Elementary School, its students, its faculty led by Mrs. Wanda Ruffin and the tremendous efforts that were put forth to Reduce Second Hand Smoke in homes."



ARKANSAS MINORITY BUSINESS DEVELOPMENT ROUNDTABLE RECEIVES NATIONAL RECOGNITION FOR PILOT PROGRAM

The Arkansas Minority Business Development Roundtable (AMBDR) was recognized during the U.S. Department of Commerce – MBDA national meeting last month in San Diego, California, for Outstanding Leadership and Pilot Program Performance. During its first year, the AMBDR yielded a \$186.30 per \$1 return on Investment (ROI). It was the largest investment by a MBDA funded project in the nation.

The Arkansas Minority Business Development Roundtable (AMBDR) was created over two years ago as a collaborative of Arkansas entities to foster growth and expansion, and to enhance quality services for Minority-Owned Firms in the State of Arkansas. The AMBDR is a demonstration project developed by the U.S.

Department of Commerce's Minority Business Development Agency National Director, Mr. Ronald Langston and Dallas Regional Director, Mr. John Iglehart -the one and only of its kind. The MBDA has not funded a demonstration project in 25 years.

The Arkansas Roundtable demonstrates an alternative approach to delivering services to Minority Business Enterprises through leveraging existing business service resources and MBDA funding of \$175,000. It is anticipated that minority businesses throughout the State will benefit from this program. For information on How To Apply or other program services, you may visit www.AMBDR.org and e-mail its Executive Director, Joyce Raynor at joyce.raynor@sbcglobal.net.



THE CENTER FOR HEALING HEARTS & SPIRITS WOULD LIKE TO THANK ITS 2003 - 2004 SPONSORS

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City of Little Rock

Tommy Howard

PHOTO GALLERY

CHHS receives a donation from Entergy



CHHS receives a donation from SBC



Expo



Minority Business Enterprise Development Summit



Attorney General Mike Beebe presents an Honorary Assistant Attorney General Certificate to Joyce Raynor, Executive Director of the Arkansas Minority Business Development Roundtable.

Evening to Heal a Heart



Chief Lawrence Johnson recognized during "Evening to Heal a Heart" Event for outstanding partnership with the Center for Healing Hearts & Spirits.

CHHS Grand Opening Event



UAPB "Stamps Out Smoking!"



State Representative Joyce Elliot speaks to the Minority Business Enterprise Development Summit as Attorney General Mike Beebe looks on.

PHOTO GALLERY

“Stamping Out Smoking!” at Magic Spings



Tobacco Prevention Conference in New Orleans



ARKANSAS LEGISLATIVE BLACK CAUCUS HOSTS ANNUAL RETREAT IN HOT SPRINGS

After hard-fought efforts working through a biennium of three legislative sessions and an intense season of primary elections, the Arkansas Legislative Black Caucus (ALBC) has carved out a little time for time to reflect, retool, and prepare in the relaxing milieu of Hot Springs, Arkansas. The Caucus will hold its 4th Annual Retreat on August 12-13 at the Clarion on the Lake for two days of discussion, fellowship, strategy, and inspiration.

Their two-fold purpose is to provide an arena in which constituents delineate public policy strategies and recommendations for the Caucus to incorporate into its legislative agenda, and in which retreat participants can fellowship in a relaxed environment and be inspired as well as informed by a distinguished line-up of keynote speakers and panels.

The opening prayer breakfast will feature The Honorable Emmanuel Cleaver II, while U.S. Senate Candidates Senator

Blanche Lincoln and State Senator Jim Holt are slated to speak at the Thursday luncheon. Senator John Kerry has been invited to headline the banquet scheduled for the evening of August 13th, and the esteemed Congresswoman Eddie Bernice Johnson (D-TX) is expected to deliver remarks at the Friday luncheon on August 13th, which will culminate the retreat schedule.

Four workshops will anchor these activities, covering the following topics:

- “Obesity: Fighting the Super Risk Factor”
- “Hidden Legacies: Resurrecting & Preserving African American History”
- “Bridging the Entrepreneurial Gap Through Technology”
- “50 Years and Counting Down to Adequacy & Equity in Education”

To register or for more information, call ALBC Executive Director, Vivian Flowers at (501) 952-7169.



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.

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

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

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www.hhscenter.com



STAMP OUT SMOKING

Arkansas Department of Health
stampoutsmoking.com

Call it quits
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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.



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