



# SPOTLIGHT

March 2023 Volume 3

FREE

To receive  
"JK SPOTLIGHT"  
NEWSLETTER,  
send correspondence to  
jozwilliams@jkellyreferrals.com

501.374.5000

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300 Spring St. • Ste. 150  
Little Rock, AR 72201  
www.jkellyreferrals.com



Is your business listed?  
**CALL TODAY!**  
501.374.5000

**J Kelly Referrals & Information Services, Inc.**

Would like to take this March  
**Women's Month**

To Say Thank you and honor all the women  
Past, Present and Future  
that has and will continue to open doors for us.



*Jeremiah 29:11 says  
For I know the plans I have for you," declares the LORD,  
"plans to prosper you and not to harm you,  
plans to give you hope and a future.*



A Walk to Honor  
ALL Arkansas Cancer Patients

UAMS | Winthrop P. Rockefeller  
Cancer Institute



## Save the Date

Register to walk or join a team for the **UAMS Winthrop P. Rockefeller Cancer Institute's third annual walk to raise funds for cancer research in Arkansas**

**8:00 a.m. | Saturday, May 6, 2023**

Gates open at 6:30 a.m.

**War Memorial Stadium & Outdoor Course**

**Donna Terrell**  
2023 Emcee



UAMS | Winthrop P. Rockefeller  
Cancer Institute



Scan to register to walk,  
create or join a fundraising  
team, or donate.

**BeAPartoftheCure.com**



# Message from the President Mrs. Mary Parham

Greetings!

In 1987, March was recognized as Women's History Month. I can't help but think about what women used to endure. In the 19th Century, women in the United States were considered second - class citizens. It didn't matter their color or class; they were usually in the same boat. Women had no voice to express opinions and concerns or to own businesses.

We have phenomenal women in our great City of Little Rock just to name a few. Mrs. Annie Mable McDaniel Abrams a retired educator and a political, social, civic, and community activist in Little Rock. Joyce Raynor, Executive Director of the Center for Healing Hearts and Spirits who has dedicated years and years of service, since 2001 to our community 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. To volunteer or donate to the center visit [www.hhscenter.org](http://www.hhscenter.org).

Gretchen Hall has served as President and CEO at the Little Rock Statehouse Convention Center. Gretchen has provided leadership within the Little Rock hospitality industry with her work in celebrating the Grand Opening of the William J. Clinton Presidential Center as well as the 50th Anniversary of the Integration of Little Rock Central High School. This year we proudly say Congratulations to Gretchen, she starts her new journey with Destination International as the Certified Meeting Professional and Certified Destination Management Executive.

Thank God for Change. Today, women's contributions are recognized; we are validated as voting members of society who are mothers, professionals, office holders, and business owners. We've truly come a long way, but we must never forget the price that was paid for the rights we have now.

*"Staying Connected"*

## GRETCHEN HALL, CDME

Chief Operating Officer  
Destinations International



With over 20 years of experience in the travel industry, Gretchen has a proven track record of strong leadership, sustainable growth, innovative strategy and delivering results. She is a respected leader holding positions on various travel industry association boards and committees. Prior to joining Destinations International, Gretchen worked at the Little Rock Convention & Visitors Bureau (LRCVB) and in the sports industry; developing and managing youth basketball tournaments across the US.

During her tenure at LRCVB, Gretchen provided leadership with several signature developments including the Grand Opening of the Clinton Presidential Center, the 50th Anniversary of the integration of Little Rock Central High School which included the opening of a new National Parks Museum, and she managed the \$70 million renovation and expansion of Robinson Performance Hall and Conference Center.

Destinations International (DI) is the world's largest and most reliable resource for destination organizations. In short - DI educates, equips, and empowers our members to grow the success of their destinations and to excel professionally. As DI's Chief Operating Officer, Gretchen is responsible for the strategic development, implementation, communication and retention of global membership and partner initiatives.

## Have you ever wished upon a Four-Leaf Clover for Good Luck?



### WHY ARE THEY SAID TO BE GOOD LUCK?

**One of the theories is that Eve picked a single four-leaf clover to save as a souvenir of paradise upon her and Adam leaving the Garden of Eden and it has had this connection to religion as a symbol of luck ever since. A symbol of luck with many different nationalities.**

There is a 10 in 100,000,00 chance of the average person ever finding a four-leaf clover.

The four-leaf clover became a symbol of luck with the four leaves representing faith, hope, love, and success over a 100 years ago.

#### **Fast Facts About Four-Leaf Clovers from Better Homes and Gardens**

- 10,000 three-leaf clovers for every "lucky" four-leaf clover.

- Clove plants do not naturally produce four leaf clovers which is why finding a four-leaf clover is so rare.
- The leaves of four-leaf clovers are said to stand for **faith, hope, love, and luck**.
- The phrase "The Luck of The Irish" is used with Ireland because that is where you will find the most four-leaf clovers in the world.
- If one clove plant produces a four-leaf clover, that same plant will produce more four-leaf clove
- The fourth leaf can be smaller or a different shade of green than the other three leaves
- Some think that the Shamrocks and four-leaf clovers are the same thing; but they are not the same the word 'shamrock' means the clove only has three leaves.

## WHAT IS CKD?

CKD is chronic kidney disease or to doctors the “Silent Killer.” CKD is a condition in which the kidneys are damaged and cannot filter blood as well as they should. This means that any excess fluid and waste from blood remains in the body and may cause other health problems, such as heart disease and stroke.

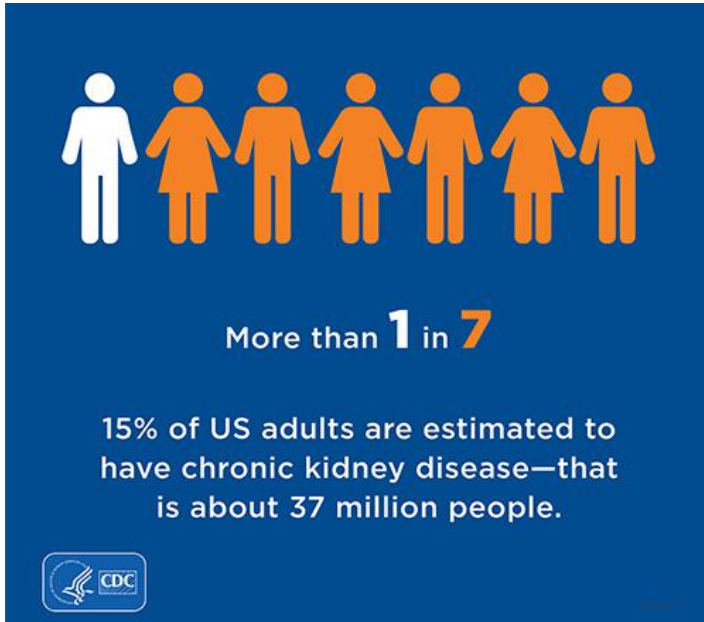
There may be several other health conditions that have contributing factors to CKD

- Anemia or low number of red blood cells
- Increased occurrence of infections
- Low calcium levels, high potassium levels, and high phosphorus levels in the blood
- Loss of appetite or eating less
- Depression or lower quality of life

### CKD By Numbers

- Kidney Disease is one of the leading causes of death in the United States
- It is estimated that around 37M US adults are undiagnosed
- People with severe poor kidney functions are aware of having CKD. This is about 40% of people
- 360 people have to begin dialysis treatment every 24 hours for kidney failure
- In 2019 Medicare cost for people with CKD was 87.2 billion

So have a talk with your family doctor or speak with a Nephrologist (Kidney Doctor). Some people with CKD may not feel ill or notice any symptoms. The only way to find out for sure if you have CKD is through specific blood and urine tests. These tests include measurement of both the creatinine level in the blood and protein in the urine.



## MARCH 2023 SAVE THE DATES

### National Kidney Disease Awareness Month • National Women's Health Month

#### Keep Arkansas Beautiful, the Keep America Beautiful™

##### GREAT AMERICAN CLEANUP®

March 1st thru May 31st

Various Locations • FREE to participate

For more info call 501-682-3507 or register at:  
[keeparkansasbeautiful.com/get-involved/cleanups](http://keeparkansasbeautiful.com/get-involved/cleanups)

For more information call 501-682-3507

**DAYLIGHT SAVING TIME**  
**SUNDAY, MARCH 12, 2023**  
**(Spring ahead one hour)**

#### 1987 PARKVIEW HIGH SCHOOL REUNION

Friday, March 17th thru Sunday, March 19th

Activities start at 7:00pm

Hospitality House • North Little Rock, AR

Tickets \$25-\$100

For more information or event listing email  
[LRPARKVIEWALUMNI87@GMAIL.COM](mailto:LRPARKVIEWALUMNI87@GMAIL.COM)

Cashapp: \$LRPARKVIEWALUMNI87

#### Little Rock 9th Annual ST. PATRICK'S DAY PARADE

Saturday, March 11, 2023

Starts at 1:00 pm

Beginning at West 6th & Main Street

Ending at East 3rd & Cumberland

For more information or parade application visit

[www.irisharkansas.org](http://www.irisharkansas.org)

#### ANNUAL ARKANSAS STEM FESTIVAL

Friday, March 31, 2023

10:00am – 12:30pm

Arkansas State Fairgrounds

Hall of Industry

Pricing: FREE

**GOOD LUCK MONTH**  
**TO SPRING FORWARD**

# J Kelly Referrals & Information Services

## Business 2 Business

## Radio Talk Show

## Praise 102.5 FM



*Host* Mrs. Mary Parham  
President/CEO J Kelly Referrals

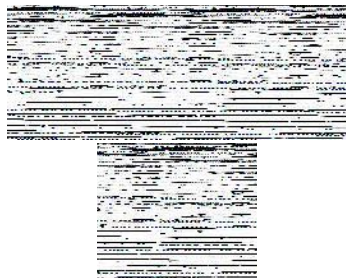
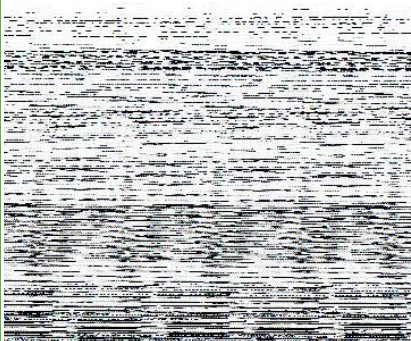
Tune in Sundays at 3:00 PM

J Kelly Referrals &  
Information Services

501-374-5000

J Kelly Referrals publishes the J Kelly Newsletter monthly and promotes it as the Official Newsletter of J Kelly Referrals & Information Services, Inc. For more information or to advertise your business in J Kelly Newsletter, Diversity Market Guide, or our Online Directory, please call Jozetta Williams at 501.374.5000, or email Ms. Williams at [jozwilliams@jkellyreferrals.com](mailto:jozwilliams@jkellyreferrals.com).

## SPECIAL TASTE PRODUCTS



### "A Moment in Black History"

It were a common practice for blacks to create special seasonings to give their low-quality food a better "Flavor" for family meals!

Today, you can use special taste greens seasoning with smoke turkey flavor and special taste better meatloaf onion flavor seasoning for that "Great Flavor and Great Taste!" The "Flavor" that brings families to the dinner table!

### Great Flavor! Great Taste!

You can find Special Taste Greens Seasoning with Smoke Turkey Flavor and Better Meatloaf Onion Flavor Seasoning at these stores: Edward's Foods Giant Stores, Edward's Cash-Saver Stores and Value Foods Stores.

You can also shop online for all of Special Taste Products!  
[www.wmdoolittlefoodgroup.com](http://www.wmdoolittlefoodgroup.com)

## SALUTES BLACK HISTORY MONTH WITH "FLAVOR"



Telephone: 501-374-5000 • [www.jkellyreferrals.com](http://www.jkellyreferrals.com)