

SPOTLIGHT

September 2023 Volume 9

FREE

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OCTOBER
IS BREAST
CANCER
AWARENESS
MONTH

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Hello
possibilities.



Goodbye nine to five,
hello start-up.

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Message from the President Mrs. Mary Parham

THE QUIET VOICE
Mary Parham's Breast Cancer Journey

"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 Jeremiah 29:11

I will never forget that day! It was April 23, 2018, I was scheduled for a routine Mammogram. Everything went according to schedule, or so I thought.

The Radiology Technician asked me to wait while the doctor looked over my tests. After about 30 minutes, the Radiologist requested that I have a diagnostics Mammogram. Then the doctor requested a Biopsy. At this time, I said, what's going on? The reply was, "the doctor is just making sure the tests was correct." I have a routine Mammogram every year and the results are always negative or cancer free. But with all these extra procedures, I felt alone and afraid of the possible results. I had to wait until the next day to find out if I had breast Cancer.

The doctor called early the next morning; he asked me if I was sitting down. He verified my fears with news I never thought I would hear. "You have stage 3 Invasive Breast Cancer, in your right breast," he suggested I see a surgeon as soon as possible, and then simply said good luck and have a good day.

I was home alone and for two hours in TOTAL SHOCK before the tears finally started rolling down my checks. My husband Herbert, walked in the door and was immediately by my side, "what's wrong?" When I could talk between the tears, I said, I have Breast Cancer. First thing he said was, let's Pray for GOD'S HEALINGS and STRENGTH. Afterwards, he said we will go through this Journey together.

July 15, 2018, the long Journey of Chemotherapy and plasma transfusion, loss of hair, sickness and fatigue twice a month for seventeen months with six weeks radiation every single day started. I needed the Lord Jesus Christ so badly then and now. One of my greatest blessings was having my family, church, and many friends praying for me.

My beloved husband, Herbert Parham was my coach, my friend, the one who cleaned me up after every treatment, and all the unbearable situations that came with this illness. I know it was so hard on him, but he never gave up on GOD'S BLESSING and HEALING POWER for us. We were so connected.

June 25, 2019 at 5:15 pm, my beloved Herbert went to be with the Lord from a Heart Attack. I couldn't understand. I thought if anyone left this earth now it would be me. My husband was such a humble, kind, sweet, loving man of GOD. He loved his family with all his heart and soul. My sister, Diane, picked up the torch during the rest of my Chemotherapy treatments. I had to make funeral arrangements and bury my husband with four more rounds of Chemotherapy treatments to go. I asked GOD why my Herbert had to leave and go to heaven and not me. I'm still waiting for the answer.

I give the GLORY to GOD and my beloved family. I pray daily for Women of all colors of the rainbow all over the world, women who are incarcerated, women who skip mammograms because of no insurance. If you can't afford a mammogram, funds are available for you. Let us keep our sisters encouraged knowing they are loved by their families and most of all by our Heavenly Father.

For more information or to check your eligibility for a free mammogram visit www.healthy.arkansas.gov or call 1-800-462-0599.

Little Rock Regional Chamber 2023 - Next Level Competition Winners CONGRATULATIONS!



Nicole Janae
Natural Joy by Nicole Janae
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The Great Complex Disease **LUPUS** Foundation of Arkansas, Inc.

7TH ANNUAL STATEWIDE Talent Show

November 11, 2023

Doors Open: 1:00 pm Show Starts: 3:00 PM

Little Rock Southwest High School Auditorium
9715 Mabelvale Pike
Mabelvale, AR 72103

\$25 In Advance
\$30 At The Door
Get Tickets Today!



Hosted By

Ashlei King

For More Information Visit
www.lupusarktalentshow.com

Good Day Arkansas Anchor



OCTOBER BREAST CANCER AWARENESS MONTH



Early detection is the best prevention

Risk Factors :

- * Family history of breast cancer
- * Consumption of alcohol, animal fat and tobacco
- * Past history of cancer in the body & obesity

Prevention :

- * Breast self examination monthly
- * Clinical breast examination annually
- * Sono mamography - after age of 40

OCTOBER 2023 SAVE THE DATES • BREAST CANCER AWARENESS MONTH

BINGO FUN PARTY

Saturday, October 7, 2023 • 7:00 PM
Holiday Inn Express - Airport
3121 Bankhead Drive
Little Rock, AR 72206
\$30-45

THE LUNCH BREAK

Tuesday, October 10, 2023 • 11:30am-1:00pm
Little Rock City Center
\$50 Tickets
www.aspsf.org/lunchbreak

2023 ARKANSAS STATE FAIR

October 13th thru October 22nd
Advance Tickets:
Adults \$8 • Children/Senior \$4
Ride Bands \$30
Concert Seating \$20
For group admission please contact
the fairgrounds 501-372-8341
www.arkansasstatefair.com

WOMEN OF EXCELLENCE BRUNCH

By Sister Friends United Inc.

Saturday, October 14, 2023
11:00am – 1:00pm
Mosaic Templars Cultural Center
Tickets: \$40 - \$650
www.sisterfriendsunited.com

MORE THAN PINK RUN & WALK

Sunday, October 15, 2023
North Little Rock Riverfront Park
For more information, please contact
Shelby at 501-975-8628

NORTH LITTLE ROCK AIRSHOW

October 21st & 22nd
Friday starts at 4pm
Saturday starts at 9am
North Little Rock Municipal Airport
8200 Remount Road
North Little Rock, AR 72118
FREE

J Kelly Referrals & Information Services

Business 2 Business

Radio Talk Show

Praise 102.5 FM



Tune in Sundays at 3:00 PM

Host Mrs. Mary Parham
President/CEO J Kelly Referrals

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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.

Join Arkansas Single Parent Scholarship Fund at

The Lunch Break

Breaking the cycle of single parent poverty through education.

Tuesday, Oct. 10, 2023

11:30 a.m. - 1:00 p.m. at City Center in Little Rock

Support brighter futures for single parent families
and the planet at this zero-waste event!



Sponsorships start at \$500.

\$50 tickets at aspsf.org/lunchbreak.

1P
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