



# SPOTLIGHT

**FREE**

February 2024 Volume 2

To receive  
"JK SPOTLIGHT"  
NEWSLETTER,  
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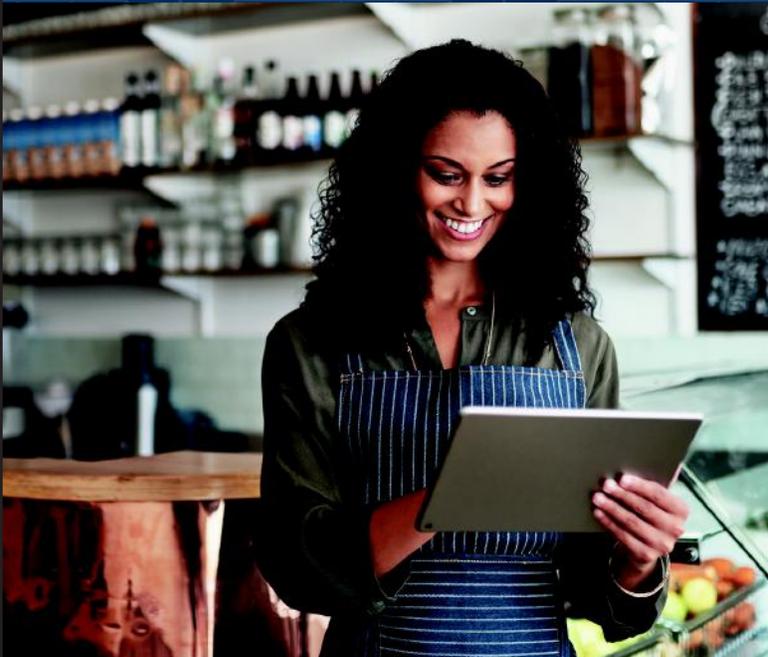
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**J Kelly Referrals**  
*Celebrates*  
**Black History**  
**Month 2024**

**"May God be merciful to us,  
bless us, and cause His face  
to shine down on us"**  
**Psalms 67:1**

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# J KELLY REFERRALS



# Message from the President Mrs. Mary Parham

Greetings!!!!

February is “**Black History Month,**” a time to commemorate and celebrate the achievements of Americans who have changed the world. As I once stated, “**now is the time to celebrate the diversity of our American society, the rainbow in our communities, schools, workplaces and homes.**”

We must never forget that we should continue to strive to create an atmosphere of respect towards one another. We should continue to work towards understanding and appreciating the differences in each of us. For it's these differences that continuously enables the free interchange of ideas in which this country was founded.

We have to embrace those famous words of a great leader Dr. Martin Luther King, Jr. while giving his keynote address at the Civil Rights March in Washington on August 28, 1963, “**Now, I say to you today my friends, even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal.**”

*“Staying Connected”*

## DR. LEE WILLIAM WALKER



Dr. Lee William Walker graduated in 1987 from the Meharry Medical College School of Medicine. He specializes in Internal Medicine and is affiliated with 3 local hospitals in the Little Rock area; Baptist Health Medical Center, University of Arkansas Medical Science and Chi Saint Vincent Infirmary.

Walker Internal Medicine Clinic  
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**“Many are called but few are chosen”**  
**Matthew 22:14**

## CONGRATULATIONS ANTONIUS RUSSELL!!



Antonius Russell a young man from right here in Little Rock, AR is determined to reach his goal of business entrepreneurship. He started out working right here at what was formerly Wild River Country in the concession area at age 14 and that inspired him to want to learn the skills to open his own restaurant. As he realized he enjoyed the fine dining atmosphere, he also discovered that he couldn't reach his goals here in Arkansas. So, in December 2018, he made the move to Denver, CO. Within the five years of being there he is now the new and youngest Banquet Director for The Narrative located in the Cherry Hill neighborhood of Denver, CO.



## EARLY WARNING SIGNS OF A HEART ATTACK



No one wants to experience a heart attack but the question is do we know the warning signs that comes before the actual attack. There are so many people that are living with heart disease and have no clue. There are SIGNS!!!

Catch those warning signs early because some attacks are sudden and intense with very little warning. The average heart attack will start with mild pain or chest discomfort. Pay attention to these signs and call 911.

- **Chest discomfort** - in the center of the chest that lasts more than a few minutes and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain. Like an elephant sitting on your chest.
- **Discomfort in other areas of the upper body** – You can experience different Symptoms like pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath.** This can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

### Symptoms can vary between men and women

As some symptoms will differ between men and women, the most common symptom is chest pain or discomfort. Unfortunately, women are more likely to experience the common symptoms more than men, especially shortness of breath, nausea/vomiting, and back or jaw pain.

**If you or someone you know is experiencing any of these symptoms. Don't hesitate to call 911. You just may save a LIFE.**



## FEBRUARY 2024 SAVE THE DATES • NATIONAL HEART DISEASE MONTH

### BLACK HISTORY COMMISSION OF ARKANSAS

February Symposium  
Mosaic Templars Cultural Center  
Saturday, February 3, 2024  
10am – 3pm  
For more information, please visit  
[www.eventbrite.com](http://www.eventbrite.com)

### GSA – SUPERBOWL LVIII PARTY WATCH

GSA Community Center  
Sunday, February 11, 2024  
2pm – 10pm  
For more information and to purchase tickets visit  
[www.eventbrite.com](http://www.eventbrite.com)

### Ronald McDonald House 2024 CHOCOLATE FANTASY BALL

Saturday, February 17, 2024  
Little Rock Statehouse Convention Center  
For more information visit  
[www.rmhcarkansas.org](http://www.rmhcarkansas.org)

### 2024 MIDSOUTH BLACK EXPO

Saturday, February 24, 2024  
9am – 3pm  
The Venue at Westwind  
For more information on booth rental please call  
(501) 475-5340 or visit  
[www.midsouthblackexpo.com](http://www.midsouthblackexpo.com)

# 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).

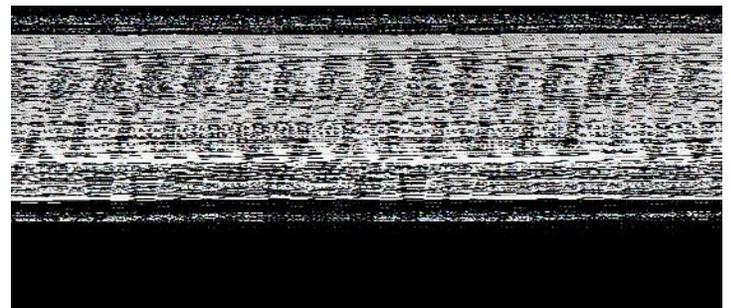


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