

*City in a Park
First Quarter
Newsletter
January – March 2011 - Volume 8, Issue 1*



**From
Truman's
Desk**

The following is the fourth essay from **"The Power of 10% - Perseverance."** By Eric Harvey and Michelle Sedas.

*Continuous effort
-not strength or intelligence -
Is the key to unlocking our potential.
-Winston Churchill*

She was in the middle of a divorce. Her career was at a stand-still. Ten years earlier, a car accident nearly took her life and her body remained compromised, yet she ran.

It all began when a friend came over, noticed her spirits were down, and suggested that they go for a jog. "I didn't know what I was doing, I didn't have the right clothing or jogging shoes. But I went along, because I didn't know any better," she remembers. "All I knew was that my life was crumbling and my method of coping wasn't working. I needed something else."

That first evening, Carol Henry jogged two miles. "Two miles are you kidding me? We jogged two miles? How did that happen?" At the end of the night. After she commented profusely about how amazed she was to jog such long distance, her friend suggested that they train for a 5K. "A 5K, What's that?" Carol remembers asking.

During this tumultuous time in her life, her friend would come by every evening and they would jog. Carol looked forward to the daily runs. Day by day, week by week, they increased their distance...10%. Slowly but surely...

**With persistence,
With Passion,
With perseverance,**

The two friends raced in a 5K, then a 10K, and eventually ran a marathon. Carol even ran her second marathon the following year. The process became so rewarding that she decided, if I can do this, then maybe I can become a counselor and help others through their difficulties. With the same tenacity, she began taking classes to get her Masters in Psychology. One class at a time, Slowly but surely...

**With persistence,
With Passion,
With perseverance,**

What began as a distraction from the burdens of life led her to where she is now. As a licensed professional counselor and licensed marriage and family therapist, Carol now has a thriving counseling practice. She persevered through her darkest days and, through the power of 10%, not only improved her own life but the lives of hundreds of individuals.

It is natural to want to quit when things are difficult. Fear of failure, disappointment with reality, or anger over what we wish would happen can keep us paralyzed from taking action. Sir Isaac Newton's first law of motion is, in very simple terms, a body in motion tends to remain in motion and a body at rest tends to remain at rest.

When we are "at rest" we do not feel like pushing forward. So, many times, we don't. What we often forget is that motivation does not always come first. Many times, it is action that must take place first.

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Once we begin to move forward, we gain traction, and then feel encouraged, and then become motivated to proceed. Eventually, we look back and realize how far we've come. Staying in motion and persevering through difficulties; even though we don't feel like it at first, is the key to tackling life's challenges. Push forward, persevere, and you'll see how that first 10% step of action can lead you to accomplish your wildest dreams.

Persist and Persevere, and you will find most things that are attainable possible.

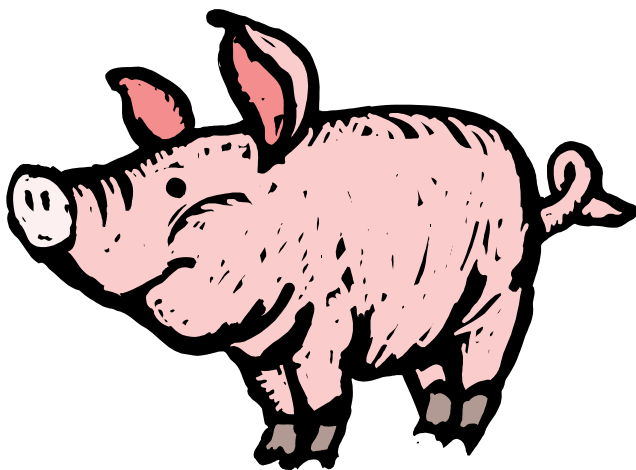
-Lord Chesterfield

Just remember you can do anything you set your mind to, but it takes action, perseverance and facing your fears.

-Gillian Anderson

Never wrestle with a pig. You'll both end up filthy, but the pig enjoys it.

_____ Country Wisdom



2010 Park & Facility of the Year

At the March LR Stat Meeting the 2010 Park and Facility of the Year were named. The outstanding facility for 2010 was the East Little Rock Senior Center. The award was accepted by Mrs. Evelyn Tenpenny. The Park of the year was Butler Park and the award was accepted by Kevin Page.

Parks & Facilities of the Month

Due to bad weather, the January and February LR Stat meetings were cancelled. The Facility of the Month for December 2010 was the War Memorial Golf Course. The Facility of the Month for January was the Jim Dailey Fitness and Aquatics Center and the February Facility of the Month was the MacArthur Museum of Arkansas Military History. We do not select Park of the month during the months of December, January and February.

Little Rock Parks & Recreation Commission

The Little Rock Parks & Recreation Commission meets the second Wednesday of each month at 11:30 a.m. in the Jeffrey Hawkins Media Center in the Metroplan Building located at 501 West Markham Street. All of the commission will be held at this location except the September meeting. That meeting will be held in conjunction with the Volunteer Appreciation and Awards luncheon at the Southwest Community Center.

The Little Rock Parks & Recreation Commission is happy to welcome two new members and one member that has been reappointed. Marjorie Lacy who is a volunteer with the Meadowcliff/Brookwood Neighborhood Association and Jesse Eisenhart have been appointed to full three year terms. Dr. J. J. Lacey, Jr. was appointed to fill the remainder of Gwen Hodge's term that was left vacant when she passed away in 2010.

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Johns Hopkins Update –FINALLY!

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY ('TRY', BEING THE KEY WORD) TO ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY .

Cancer Update from Johns Hopkins :

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has nutritional deficiencies. These could be due to genetic, but also to environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet to eat more adequately and healthy, 4-5 times/day and by including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
- 7.. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

*CANCER CELLS FEED ON:

- a. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a chemical added to make it white in color Better alternative is Bragg's aminos or sea salt.
- b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.
- c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little other meat, like chicken. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including be an sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells.. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers in micro.

2. No water bottles in freezer.

3. No plastic wrap in microwave..

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

Recent Parks Retirements

January brought several retirements to the Little Rock Parks and Recreation Department. Cindy Covey who led the Therapeutic Recreation Division said goodbye early January. Cindy left to join her family business. Then there was J. D. "Bubba" McCord after 35 years retired in January. Bubba headed up the Adult Athletic Division. Last but no means least Eddie Cole long time Recreation Program Manager retired on February 11, after 38 years and 5 months service with Little Rock Parks and Recreation.

⇒ Mayor Mark Stodola and Eddie Cole.



Bubba McCord and Julius Breck-

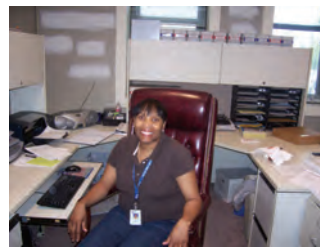
ling former Parks & Recreation Director caught at Eddie Cole's Retirement Party.

Congratulations

Little Rock Parks & Recreation Director Truman Tolefree has been appointed to the Outdoor Grants Commission by Arkansas Governor Mike Beebe. Mr. Tolefree's term will expire in 2015. The Arkansas Department of Parks and Tourism's Outdoor Grants Commission receives grant requests, evaluates them, and makes funding recommendations.

And the Good News Is

Selandria Jackson has been promoted to the



position of Community Recreation Supervisor in charge of Adult Athletics and the Playground Program. Selandria came home to Little Rock from Atlanta thirteen years ago. She started at Ottenheimer

Community Center as Recreation Director and then moved to Dunbar Community Center where she served as Recreation Director for the past ten years. While in Atlanta, Selandria ran the summer playground program.

Selandria received her bachelors degree in social work from Philander Smith College and her masters degree in social work from Clark University in Atlanta. In her spare time, Selandria volunteers with the AAU youth basketball Hawks. She also serves on the organizing committee for the Real Deal in the Rock Tournament.

Employee of the Year

Little Rock Parks and Recreation is pleased to announce this year's nominee for the 2011 Mahlon A. Martin Award. This year's nominee is Kevin Page. Kevin has been with the department for eighteen years and currently the Maintenance North Foreman. Kevin is a shining example of what a Parks Maintenance Foreman should be. Kevin leads his staff by example and makes sure every project gets completed by the deadline no matter how big or small. No matter the job Kevin is always ready for a challenge. Congratulations to Kevin Page.



Kevin making salad at the Volunteer Appreciation & Awards Luncheon

Kevin helping at The Fishing Debry.



Parks Training Calendar

All trainings will be held at Macarthur Park Museum from 9 -10 a.m.

Hazard Communication Training/Accident Investigation/ COLR Workers' Comp. Program, Non-Uniform- April 26

Recognizing Workplace hazards - May 11

Poisonous plants -June 8

Heat Stress - July 13

General Safe Work Practices - August 10

Back Injury Prevention Program - September 7

Ergonomics - October 12

Your EAP - November 9

Reasonable Suspicion - Drug/Alcohol - Dec. 7.

BEST EVER SENIOR CITIZEN JOKE

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little silver haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle.

She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh

"Let's put all the Corn Flakes back in the box."

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Keep Little Rock Beautiful Great American Clean Up

Each year KLRB participates in the Great American Clean Up. The 2011 KLRB Clean Up occurred on Saturday March 12, 2011. The day started with a press conference at Hindman Park showcasing all the accomplishments of the Meadowcliff/Brookwood Neighborhood Association volunteers. Mayor Mark Stodola, City Manager Bruce Moore, Parks Director Truman Tolefree and several city directors including Directors Joan Adcock and B. J. Wyrick participated in the program. More than twenty parks were cleaned by several hundred volunteers.



Volunteers working at Merriwether Park.

On March 17, a group of students (42) from the University of Minnesota came to town and worked four hours at Allsopp Park. Here is the difference they made.

Before



After