

APRIL  
2010

**MEETING**

Tuesday  
April 6<sup>th</sup>  
6:30 p.m.  
Bullseye @  
Days Inn

**MENU**

Your Choice

**PROGRAM**

Silent Auction

Teresea will bring a few new jewelry items for a silent auction, and the proceeds will benefit Relay for Life. If anyone has a jewelry item, purse or book you would be willing to donate, she will add it to the items for auction.

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# HC B&PW News

*A Publication of Hopkins County B&PW*

## President's Message

Hello Everyone,

Spring is here and we have had some very pretty days. I am really looking forward to summer and the 80 degree weather.

This month will be a busy for us. On the 10<sup>th</sup>, we will have the Regional Meeting here. The meeting will be at the Extension Office located at 75 Cornwell Drive, across from Hudson Toyota, and will be catered by Ballards. I hope everyone is able to attend.

We will also be helping Teresea Hatler with Relay for Life, supporting our Bowl For Kids Sake Team, and getting ready for our Yard Sale,

This will also be the last full meeting I will be presiding over. I have had a good year and have learned a lot. I would like to thank Lana, Wanda Crowe, and Patti and all of the members for their support. I would really like to thank Julie Franklin for putting up with my missed deadlines.

See you all at the meeting.

Algia

## UPCOMING EVENTS

WEST REGION MEETING  
April 10  
Extension Office

BOWL FOR KIDS SAKE  
April 24 @ Melody Lanes  
Team Members:  
Patti Fallin, Lana Moore  
Cheryl Tucker, Wanda  
Morrow, Wanda Crowe  
& Julie Franklin

RELAY FOR LIFE  
May 14 & 15  
Team Captain:  
Teresea Hatler

"We all have relatives and friends who have been affected by this terrible disease. Together we can make a difference. I really appreciate the support the club has given my team" Teresea Hatler

YARD SALE  
June 5 @ Home of  
Melinda Howell-Oglesby

## Calendar of Events

- APR 6 Meeting – Bullseye at Days Inn**
- APR 10 West Region Meeting – Madisonville**
- APR 20 Equal Pay Day**
- APR 20 Newsletter Deadline**
- APR 24 Bowl for Kids Sake**
- MAY 1 Deadline for Local & Regional Award Submissions**
- MAY 4 Meeting – Bullseye at Days Inn**
- MAY 14 Relay for Life**
- MAY 20 Newsletter Deadline**
- JUN 1 Meeting – Bullseye at Days Inn**
- JUN 5 Yard Sale**
- JUN 11-12 KFBPW Annual Conference**

## SCHOLARSHIP COMMITTEE UPDATE

The scholarship committee is in place with Teresea Hatler and Sally Taylor Buie volunteering to serve on the committee.

Scholarship applications have been mailed to Dawson Springs, Hopkins County Central, and Madisonville North Hopkins high schools. Additional applications were delivered to the Scholarship Office, Financial Aid Office, Workforce Connections program, and Adult Education/ACE<sup>2</sup> at Madisonville Community College. The deadline for submission is April 15.

If you know of someone who might be interested in applying and they do not have access to the other locations, please contact me.

Nena Matheny  
Scholarship Chair

## **EATING OUT HEALTHFULLY – Nadia Rodman, RD** submitted by Melinda Howell-Oglesby

Tuesday, 7 pm and your child just finished soccer practice—fast-food burgers. Friday, 5 pm and you're not cooking tonight—local diner. Sunday, noon and it's your mom's birthday—Italian food restaurant. Sounds familiar, doesn't it. Did you know that on average one out of every three meals is eaten away from home?

With our fast-paced lifestyles, eating out is more convenient now than ever. But with restaurant supersized portions and hidden calories, this seemingly innocent convenience has had a definite impact on the obesity epidemic.

Restaurant meals almost always have more calories than you realize and if you're not careful those calories can sabotage your weight loss efforts. That's not to say you can never eat out if you want to be healthy. You just have to be smart about it. Here are 7 simple tips that can help you make healthy choices when you do eat out.

### **1. Do Your Research**

Most chain restaurants post menu nutrition information online. Don't assume that you can judge a meal's nutritional content based on its title. You'll often find that even healthy sounding meals are loaded with calories.

### **2. Think About Your Drink**

Liquid calories—empty calories—won't fill you up the same way that solid calories do, so it's best to avoid these altogether. You should try stick with water or unsweetened tea.

### **3. Avoid Appetizers & Complimentary Carbs**

If you want something before your meal, play it safe with a green salad—with dressing on the side—or a broth based soup.

### **4. Divide Your Meal in Half**

Most restaurant entrees have enough calories for two people. So, split the meal with a friend or take ½ home for later. It's a good idea to ask for a takeaway box and split the meal as soon as the food comes to the table.

### **5. Order Protein Prepared Properly**

Your best bet will be lean protein like chicken breast, fish, shellfish, tenderloin or sirloin. But make sure it's broiled, grilled and baked—not fried.

### **6. Sidestep Dressings and Sauces**

Salads can often be the healthiest thing on the menu but you have to watch out for the dressing and toppings. Ask for dressing on the side and don't be afraid to cut the high calorie salad toppings like bacon bits, tortilla chips, croutons or fried wontons. Also make sure to steer clear of creamy sauces like gravy, alfredo or anything with the word butter.

### **7. Sweet Decisions**

We all need a sweet treat every once in a while, but a restaurant dessert isn't really the best way to go. If you are going to order a dessert, go for fresh fruit sorbets or sherbets. Or another option is to split a regular dessert with everyone at the table.

You see, you can still eat out and be healthy. Now you know how to be smart about it.

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WEST REGION MEETING REGISTRATION

Kentucky Federation of Business & Professional Women
West Region Meeting
Registration Form

April 10, 2010
9:30 a.m. to 1:00 p.m.
Registration 9:00 a.m. to 9:30 a.m.
(Continental breakfast)

Meeting Site: Hopkins County Extension Office
75 Cornwall Drive
Madisonville, KY 42431
(Pennyrile Parkway, Exit 44, across from the Hudson Toyota Building)

Mary Beth Jessie, Region Director
Hosted by BPW/Hopkins County

State Officer Local President Regional Officer
Member Guest Past State President

Registration Fee.....\$20.00
Please register by April 1st

Name: \_\_\_\_\_

Address: \_\_\_\_\_
\_\_\_\_\_

Phone #: \_\_\_\_\_

Local Club: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I Need Special Arrangements for Lunch
Vegetarian Other (please specify)

Make checks payable to: BPW West Region. Mail registration form and fee to:

Mary Beth Jessie
C/O State Farm Insurance
305 Happy Valley Rd
Glasgow, KY 42141

If any question contact Mary Beth at marybeth@scrtc.com or call 270-670-3066.

**MARCH MEETING MINUTES – Submitted by Wanda Crowe, Secretary****March 2, 2010****CALL TO ORDER**

The regular monthly meeting was held Tuesday, March 2, 6:30 p.m. at Bull's Eye Steakhouse. President Algia Morrow called the meeting to order. The officers present were: Algia Morrow, President; Lana Moore, President-elect; Wanda Crowe, Secretary; and Patti Fallin, Treasurer. The minutes from the February meeting were printed in the March newsletter for review and approved at this meeting. Special guest speaker, Katherine Kelley; Hopkins County's Junior Miss 2010, shared her experience as a contestant at the Kentucky Junior Miss Program complete with pictures from the event. Patti Fallin had purchased a DVD which played during dinner.

**ROLL CALL**

Members attending: Wanda Crowe, Patti Fallin, Julie Franklin, Teresea Hatler, Melinda Oglesby, Nena Matheny, Lana Moore, Algia Morrow, Wanda Morrow, Sharon Smith, Sally Taylor, Cheryl Tucker.

**TREASURER'S REPORT**

The Treasurer's report as of February 28, 2010 with a balance of \$1,884.52 was distributed and reviewed. The report will be filed for audit. Hopkins County Junior Miss account balance is \$956.96

**CORRESPONDENCE**

The club received a request from Relay for Life for "Circle of Friends" sponsorship

**COMMITTEE REPORTS**

**Finance** – Yard Sale on Saturday, June 5<sup>th</sup> at Melinda's home on Princeton Pike. In case of rain, sale will move to the back room of Curves. Set up will be Friday night.

**Foundation** - Donations are still being accepted by Patti to forward to Betty Hedges, Foundation treasurer.

**Junior Miss** - Katherine Kelley will help with recruitment for our 2011 competition.

**Membership** – New member, Velma Gooden.

**Scholarship** – Applications have been distributed to local high schools and Madisonville Community College. The deadline for submission is April 15.

**NEW BUSINESS**

Motion & second passed to give our Relay for Life budget amount of \$100.00 to count toward our team's fund raising goal.

A nomination committee of Melinda Oglesby and Sharon Smith will present a slate of officers for approval at the April Meeting with installation at our May meeting. State President Diane Crony-Turner will be attending our May meeting.

**OLD BUSINESS**

KFBPW Regional Meeting is April 10, 2010 at the Hopkins County Extension Office; Hopkins County B&PW is hosting and will provide continental breakfast: donuts, coffee, juice. Friday at 4:30pm we will need to set up and decorate tables.

**ADJOURNMENT**

Announcements and happy dollars were followed by the Emblem Benediction. The meeting adjourned at 8:30 p.m.

Wanda Crowe, Secretary

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**Officers  
2009-2010**

President  
Algia Morrow

President Elect  
Lana Moore

Secretary  
Wanda Crowe

Treasurer  
Patti Fallin

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Visit **BPW/USA** at  
[www.bpwusa.org](http://www.bpwusa.org)

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## **Editor's Note by Julie Franklin**

**SPRING . . .** a time when flowers bloom, leaves appear on the trees again, the sun shines brightly, the days get longer, and the grass gets greener. Unfortunately, the weeds grow too, which means lots of yard work for me! I have been annointed Queen of the Weeds at my house and am an expert puller, and also a big fan of "Round Up."

**Sincere thanks to Algia, Melinda, Teresea and Wanda C. for their contributions to this edition of the newsletter.**

**Your ideas, articles, and information are always welcome! Submit them to me, by the 20<sup>th</sup> of each month, as follows:**

**By E-mail:                   jfranklincla@bellsouth.net**

**By mail:                     P. O. Box 547, Madisonville, KY 42431**

**By fax:                       270-821-2360**

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