

FEBRUARY

2010

MEETING

Tuesday

February 2nd

6:30 p.m.

Bullseye @
Days Inn

MENU

Your Choice

PROGRAM

Kathy
Edwards,
Fitness
Coordinator

Sports
Medicine &
Rehab

Inside:

Calendar	2
Junior Miss	2
Health	3
Funny	4
Minutes	5
Editor's Note	6

HC B&PW News

A Publication of Hopkins County B&PW

President's Message

Hello Everyone,

This is American Heart Month. We all need to be good to our hearts. We need to manage our stress, weight, avoid tobacco and get at least 30 minutes of aerobic activity five times a week.

February is also Black History Month. There are several programs and other activities going on this month. I hope you take the time to go to some of these.

I would like to wish Wanda Morrow a very Happy Birthday on the 14th and Happy Valentines Day to everyone.

Algia

RELAY FOR LIFE
TEAM MEMBERS NEEDED
Submitted by Teresea Hatler

It was laid on my heart to help with Relay for Life. I know it was presented to our club at our January meeting, but we did not make a decision. I went to sign-up and paid the \$75.00 through my company, Hearing Solutions.

Everyone has had a friend or relative affected by this terrible disease. I want to appeal to you to help me by being a team member. If you can not be a team member, you could help by buying a luminary to honor someone who lost the battle, or by making a donation.

I will speak to you about this at our meeting. Please consider helping me.

Calendar of Events

FEB 2	Meeting – Bullseye @ Days Inn
FEB 15	Deadline for State Officer Nominations
FEB 20	Newsletter Deadline
MARCH	Women’s History Month
MAR 2	Meeting – TBA
MAR 15	Kentucky Cardinal Deadline
APR 6	Meeting – TBA
APR 10	West Region Meeting – Madisonville
APR 20	Equal Pay Day

JUNIOR MISS UPDATE submitted by Patti Fallin

Katherine Kelley makes the Top 10 at Kentucky’s Junior Miss

What an exciting weekend! Patti Fallin, Sharon Smith and Wanda Crowe traveled to Lexington January 15 & 16 to attend the Kentucky Junior Miss program. Our Hopkins County winner Katherine Kelley placed in the top ten, won two preliminary awards in Scholastic and Self-Expression and received \$600 in scholarships. Combined with our local program, Katherine received a total of \$1800 in cash scholarships. We are SO proud of her!!!!!!

And what a coup for our local program! Our first year back and our winner is a top 10 finalist! Thank you to Hopkins County B&PW for your support of our local program. Katherine is excited to start working on the 2011 program. So get ready! Details will be coming soon!

If anyone is interested in viewing photos from Kentucky's Junior Miss, go to www.franklinfavorite.com website and click on the camera icon on the left!

I have also ordered a DVD of the entire program and will make it available.

METABOLISM – Nadia Rodman, RD submitted by Melinda Howell-Oglesby

Metabolism—a term we are all accustomed to hearing in the world of dieting. But even though we are familiar with the word, it is still somewhat of a mystery. Do we really know what our metabolism is: or what determines it—or if we can change it?

The good news is that it's actually pretty basic. Your metabolism is the process of hormones and enzymes that not only convert food into fuel, but also affect how efficiently your body burns that fuel. We burn calories throughout the day in three ways:

1. Basal Metabolic Rate (BMR) – This makes up about 2/3 of your total daily calorie burn. Your BMR is all of the basic functions that your body does each day to keep you alive- to breathe, for your heart to beat, etc. You don't have complete control over your BMR, but there are many factors that affect your BMR- some of which you can control.

- **Age** .Your BMR decreases with age because you lose muscle tissue as you age. You really will lose it if you aren't using it.
- **Body Composition** .The more lean muscle tissue you have the higher your metabolism. It is important to include strength training to build and maintain muscle tissue—especially as we age.
- **Dieting** .Conventional diets often cause people to lose 25% of their weight in the form of muscle. Strength training and consuming lean protein will help maintain muscle when dieting.
- **Height** .Naturally, the taller you are the higher your BMR.
- **Growth** .Teenagers and pregnant women have a higher BMR.
- **Fasting or Starvation** .When you restrict your calories for a long period of time, your body will adapt to the lower caloric intake by lowering your BMR. This also applies to dieting for long periods of time and underscores the importance of Phase 3 to boost your metabolism.
- **Hormones** .Hormones play a role in several ways. Individuals with hypothyroidism have a lower metabolism. They benefit from additional cardiovascular exercise on non Curves days and may have better results on the higher protein diet. Hormonal changes during menopause can make fat distribution around the waist more likely. However, research shows that this effect can be minimized and completely blocked with diet and exercise.

2. Physical Activity – You have the most control over this area. If you want to make a large impact on your metabolism, it is going to happen through exercise. Strength training builds muscles which increases metabolism.

3. Thermic Effect of Food – This is the calories burned from eating. Small, frequent meals help keep your metabolism elevated. If you wait too long between meals, your metabolism will actually slow down to compensate. Get your metabolism going first thing in the morning with a healthy breakfast.

While we don't have control over every BMR factor, we do have sole control over the amount of our physical activity and can boost metabolism with Phase 3. Take Control.

RED NECK LOVE POEM – IN HONOR OF VALENTINE'S DAY

Collards is green, my dog's name is Blue
and I'm so lucky to have a sweet thang like you.

Yore hair is like corn silk a-flapping in the breeze.
Softer than Blue's and without all them fleas.

You move like the bass, which excite me in May.
You ain't got no scales but I luv you anyway.

You have some'a yore teeth, for which I am proud;
I hold my head high when we're in a crowd.

On special occasions, when you shave under yore arms,
well, I'm in hawg heaven, and awed by yore charms.

Still them fellers at work, they all want to know,
what I did to deserve such a purdy, young doe.

Like a good roll of duct tape yo're there fer yore man,
to patch up life's troubles and fix what you can.

Cut from the best cloth like a plaid flannel shirt,
you spark up my life more than a fresh load of dirt.

When you hold me real tight like a padded gunrack,
my life is complete; Ain't nuttin' I lack.

Yore complexion, it's perfection, like the best vinyl sidin'.
despite all the years, yore age, it keeps hidin'.

Me 'n' you's like a Moon Pie with a RC cold drank,
we go together like a skunk goes with stank.

Some men, they buy chocolate for Valentine's Day;
They git it at Wal-Mart, it's romantic that way.

Some men git roses on that special day
from the cooler at Kroger. "That's impressive," I say.

Some men buy fine diamonds from a flea market booth.
"Diamonds are forever," they explain, suave and couth.

But for this man, honey, these won't do.
Cause yor'e too special, you sweet thang you.

I got you a gift, without taste nor odor,
more useful than diamonds... IT'S A NEW TROLL'N MOTOR!!

Luv, from yor romeo

JANUARY MEETING MINUTES – Submitted by Wanda Crowe, Secretary

January 5, 2010

CALL TO ORDER

The regular monthly meeting was held Tuesday, January 5, 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 November and December meeting were printed in the January newsletter for review and approved at this meeting. In lieu of a speaker, Lana Moore had members to read aloud, from cards she had written, interesting accomplishments and facts of women in the 1800's and early 1900's.

ROLL CALL

Members attending: Wanda Crowe, Patti Fallin, Julie Franklin, Teresea Hatler, Lana Moore, Algia Morrow, Wanda Morrow, Melinda Oglesby, Sharon Smith, Sally Taylor-Buie.

TREASURER'S REPORT

The Treasurer's report as of December 31, 2009 with a balance of \$1,727.08 was distributed and reviewed, Patti advised we had an additional \$66.50 that was not showing in the balance. The report will be filed for audit. Hopkins County Junior Miss account balance is \$1088.66.

CORRESPONDENCE

The club received a donation request from American Cancer Society, and a catalog from RADA Cutlery.

COMMITTEE REPORTS

Junior Miss – State competition is January 15th & 16th in Lexington. We have 3 members planning to attend.

Newsletter – Newsletter name reflects organization's name change.

OLD BUSINESS:

Members will wait on purchasing new name badges. If you did not get your picture made by Tom's Photo, please send a picture of your choice to Patti for our member directory.

ADJOURNMENT

Announcements and happy dollars were followed by the Emblem Benediction. The meeting adjourned at 8:05 p.m.

Wanda Crowe, Secretary

**Officers
2009-2010**

President
Algia Morrow

President Elect
Lana Moore

Secretary
Wanda Crowe

Treasurer
Patti Fallin

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www.bpwusa.org

Editor's Note by Julie Franklin

My sincere thanks to those of you who sent caring thoughts my way when my Mom was in the hospital recently. She had a heart valve repair at Vanderbilt, and is now home doing well. There were some really scary times, as she had some renal failure and respiratory failure following surgery, but the amazing physicians and staff at Vanderbilt were able to turn things around and she is going to be just fine.

I hope all of you are having a good 2010 so far, and hope to see you at the next meeting.

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 20th of each month, as follows:

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By fax: 270-821-2360

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