

OCTOBER
2009

Meeting

Tuesday
Oct 6th
6:30 p.m.
Bullseye

MENU

Your choice

PROGRAM

Amanda
Pendley

Psychiatric
ARNP

OCTOBER 20

GIRLS GET-
TOGETHER

6:30 – 8:30
@ Curves

Raising funds
for Health
Department
Mammograms

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B&PW/HC News

A Publication of B&PW Hopkins County

President's Message

Hello Everyone,

October is here and it is my favorite month. It is so beautiful with the leaves changing and the weather is just a little cooler, I hope. It makes you > think of fall festivals and football games. I Love It!

I would like to welcome our new member, Tammy Sanders. I am looking forward to working with her.

Thank you Sharon and Melinda for taking on BPW week. I know you will have an interesting and fun filled week planned.

Lana has done a great job getting programs for the meetings. I have really enjoyed them and I am sure everyone has as well.

See you all at the meeting,

Algia

MEMBERSHIP MATTERS

- ✓ Member SALLY TAYLOR recently had surgery and she is recovering well.
- ✓ Welcome TAMMY SANDERS – our newest member! Tammy was a integral part of the Junior Miss Committee and was in charge of all things related to the production. We are excited to welcome her to our group!
- ✓ We were sad to hear that member EVELYN FINE is moving to Miami for her husband's new position there. We'll certainly miss you Evelyn!
- ✓ Happy Retirement to PATSY TOOMBS! (Some of us are really jealous.) You can now e-mail Patsy at home at patsytoombs@att.net

NOMINATIONS ARE BEING ACCEPTED FOR WOMEN'S WEEK AWARDS

Woman of the Year
Woman of Achievement

Contact Sharon Smith or
Melinda Howell-Oglesby

Calendar of Events

- OCT **Breast Cancer Awareness Month**
- OCT **Domestic Violence Awareness Month**
- OCT 6 **Meeting – TBA**
- OCT 19-23 **Kentucky Professional Women’s Week**
- OCT 20 **Newsletter Deadline**
- NOV 3 **Meeting – TBA**
- NOV 13-14 **KFBPW Interim Board of Directors Meeting – Hopkinsville**
- NOV 20 **Newsletter Deadline**

BREAST HEALTH AND LIV AID FAQs submitted by Melinda Howell-Oglesby

How Can Women Exercise Good Breast Health?

Most women who think of screening for breast cancer think of mammograms. But there are actually *three* ways to screen for breast cancer that, when combined, offer the best opportunity to detect the disease at its earliest, most treatable stage. These are:

- Mammography
- Clinical breast exam by a healthcare professional
- Breast self-exam (BSE)

How Important is Breast Self-Exam? (BSE)

Breast cancer is by far the most common cancer among women worldwide, which is why BSE is so important. BSE unquestionably catches a significant number—15 to 20 percent—of breast cancers that otherwise might have gone undetected for possibly up to a year between doctor visits. About 80 percent of breast cancers not discovered by mammography are found by women themselves. Through BSE, women become familiar with their breasts, learn what is “normal” for them, and are in the best position to detect subtle changes in their breast tissue.

How Important is Early Detection?

Without a doubt, early detection is the key to having many more treatment options at your disposal—and it gives you a better chance for an excellent outcome. More than 95 percent of women whose breast cancer is caught in its earliest stages will be healthy and disease-free five years after their diagnosis and treatment.

Why Don’t More Women do BSE?

There are many reasons that women don’t perform BSE. These include modesty, not knowing how to do it correctly, and being frightened to find a lump. Women are more afraid of getting breast cancer than any other disease, but knowing that—a) early detection can save lives and b) over 80% of lumps found are not cancerous—may help manage fear. To help with some of the other challenges, there’s the Liv Aid!

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BREAST HEALTH AND LIV AID FAQs (continued from page 2)

What is the Liv® Aid?

The Liv Aid is a soft, fluid-filled pad that enhances a woman's sense of touch and makes the BSE process simpler and much more sensitive for detecting new or unusual lumps. It provides a modest barrier between the breast tissue and fingers, while at the same time acting as a magnifying glass for the fingers. It does this by reducing the friction between the fingers and the breast tissue, allowing the fingers to glide smoothly over the breast area via the liquid inside.

Why is it Called Liv® Aid?

Australian singer and 4-time Grammy winner Olivia Newton-John, a breast cancer survivor, is the inspiration behind the Liv Aid. The design reflects the heart-shaped dot in the "i" in her signature, and she chose the colors—purple (also Curves' signature color) and hot pink. Olivia found a lump through BSE seventeen years ago, and she credits the fact that through early self-detection, she quite possibly saved her own life. Her dream is that every woman in the world will get a Liv Aid and begin performing regular BSE between annual mammograms and doctor check-ups.

Aren't There Similar Products to Liv® Aid on the Market?

There are other BSE pads, but none are of as exceptional quality as the Liv Aid. Made of soft, flexible components, the Liv Aid has no sharp or rough edges. It's designed to make BSE more comfortable and convenient.

Where Can I Get a Liv® Aid?

The Curves-branded Liv Aid and promotional offer are available exclusively through participating Curves locations. In 2009, for every Liv Aid sold, we'll give one to a woman who can't afford one.

Why is Curves Partnering with Liv® Aid?

Curves has helped millions of women around the world lose millions of pounds and move away from all types of disease. Curves has also been a long-committed partner in the fight against cancer, raising millions of dollars annually for research, treatment, and recovery programs.

An avalanche of recent research links obesity and excess weight with an increased risk for many types of cancers—including breast cancer. When you understand that only five to ten percent of breast cancers are hereditary and one-third of all breast cancer can be related to lack of exercise and poor diet, you'll see that we have much more control over our cancer risk than previously thought. This means we have to take responsibility for our own health. By managing weight, eating a diet low in fat and high in fruits and vegetables, and exercising regularly—at least 30 minutes three times a week—we can significantly reduce cancer risk. Curves is committed to strengthening women through creating awareness of the risks of obesity, providing health education, and helping women exercise good breast health by distributing one million Liv Aids in 2008 and 2009.

As the world's leader in women's fitness with 4 million members, Curves has the ability to show women how the Liv Aid works through the amazing "sugar demonstration." Once you've experienced the demonstration, it's easy to see how the Liv Aid can help with early detection.

Thanks to Ernie Bodai, M.D., F.A.C.S. and his book, *"I Flunked My Mammogram"—What Every Woman Needs to Know About Breast Cancer* for the information in this document relating to cancer. Dr. Bodai is the Director of Breast Surgical Services for America's leading integrated health plan, an author, speaker, cancer survivor and founder of the Breast Cancer Research Postage Stamp.

FOOD, FUN & INSPIRATION

RECIPE: MOMMA BEA'S JELLO SALAD – Submitted by Tammy Sanders

- 1- Big Box of Strawberry/Banana Jello Mix
- 1-Small Bag of Tiny Marshmallows
- 1- 8oz Can of Crushed Pineapple (Drain Juice & Save the Juice)
- 1-cup of chopped nuts (any kind)
- 4-Banana's

Prepare jello as per directions and add marshmallows, crushed pineapple, nuts and 4 bananas (Sliced). Put in refrigerator until jello has harden. Make topping and add to top of jello salad.

Topping for Jello Salad

- Pineapple Juice (that was saved)
- 1/2 cup of sugar
- 1 egg
- 1-8oz pkg. Cream cheese
- 1-Lg container of cool whip

Cook topping ingredient's over low heat until thickened and then allow to cool slightly. After topping cools pour over jello Salad and then top with the cool whip.

RECIPE: Mexican Casserole submitted by Algia Morrow

- 1 lb. Hamburger
- 1 (12 oz.) jar of enchilada sauce
- 1 (8 oz.) can cream of mushroom soup
- 1 bag tortilla chips
- mild cheddar cheese
- Sour Cream
- 1 jar salsa

Brown hamburger, Drain fat. Add enchilada sauce and cream of mushroom soup. Mix as you heat.

Place tortilla chips on bottom of a 9 x 13 pan. Top with some of the hamburger mixture, then cheese. Continue to layer until hamburger mixture is gone. Top with cheese and bake on 375 degrees until cheese is melted. Cover top with sour cream and salsa.

SEPTEMBER MEETING MINUTES – Submitted by Wanda Crowe, Secretary**September 1, 2009****CALL TO ORDER**

The regular monthly meeting was held Tuesday, September 1, 2009, 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 August meeting were printed in the September newsletter for review and approved at this meeting. A program on the function of the Public Defenders' office was presented by Mike Ruschell, Madisonville Public Defenders' Office and supervisor for Hopkinsville, Henderson, Murray and Paducah offices.

ROLL CALL

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

Guests: Prospective member Tammy Sanders, Un Chun Ruschell, wife of speaker & their daughter, Emma.

TREASURER'S REPORT

The Treasurer's report as of August 31, 2009 with a balance of \$1,513.49 was distributed and reviewed. The report will be filed for audit.

CORRESPONDENCE

Tammy Sanders sent a thank you note concerning Junior Miss. A handbill and schedule was received from the Glemma Center.

COMMITTEE REPORTS

Junior Miss – The Members voted to continue next year. \$459 is needed to fulfill our commitment to provide \$3000 in cash scholarships; the members voted to take those dollars from the \$1603.00 in ticket sales. There will be a Junior Miss Meeting on Thursday, September 3 at the home of Julie Franklin to discuss how to prepare Katherine Kelley, Hopkins County Junior Miss, for the Kentucky Junior Miss program in January.

Hospitality - We will meet at Bull's Eye Steak House in the Days Inn for our September Meeting.

Membership – Tammy Sanders became our newest member. Evelyn Fine will be leaving due to relocating with her husband's new job.

KPWW – Sharon Smith and Melinda Oglesby will co-chair our "Kentucky Professional Women's Week" October 18 – 24.

Newsletter – Julie Franklin would like ideas for a new name for the Newsletter.

Scholarship – Applications will be available in January at local high schools and in the finance office at Madisonville Community College.

UNFINISHED BUSINESS

The vote on our new name "Hopkins County Business & Professional Women" was unanimous.

ADJOURNMENT

Announcements and happy dollars were followed by the Emblem Benediction. The meeting adjourned at 8:55 p.m.

Wanda Crowe, Secretary

**Officers
2009-2010**

President
Algia Morrow

President Elect
Lana Moore

Secretary
Wanda Crowe

Treasurer
Patti Fallin

Visit **BPW/USA** at
www.bpwusa.org

Editor's Note by Julie Franklin

Sorry the newsletter is so late. We have been in trial in Owensboro for the last two weeks. It was totally and completely exhausting, and it will take me a few weeks to catch up on my lost sleep. I am happy to report that there was a defense verdict for our client!

Last month, I suggested we think about a new name for the newsletter. I have not received any suggestions, so I assume you are still thinking about it!

Thanks to Algia, Melinda, Tammy, 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:

By E-mail: jfranklincla@bellsouth.net

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

By fax: 270-821-2360

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