

SEPTEMBER

2009

Meeting

Tuesday

Sept 1<sup>st</sup>

6:30 p.m.

Bullseye

(@ Days Inn)

MENU

Your choice  
from menu

PROGRAM

Mike  
Ruschell

Public  
Defender's  
Office

*Inside:*

Calendar	2
New Name	2
Photo Offer	2
Junior Miss	3
Food, Fun	4
Minutes	5
Editor's Note	6

# B&PW/HC News

*A Publication of B&PW Hopkins County*

## President's Message

Hello Everyone,

The Jr. Miss Program is over so we can take a quick breath before moving on to our next project.

My Thanks to Patti and her committee for putting on such a wonderful program. The girls were just beautiful and very talented. It was the first one I have ever attended and I really enjoyed it.

The meeting last month went well. I really liked Bulls Eye and I think it will be a great place for our meetings.

I would like to thank Teresa Hatler for helping with my church's Annual Good Health and Wellness Fair. It was very nice of her to give up a Saturday to help us and we truly appreciate her for that.

I hope to see everyone at the next meeting.

Algia

### THANKS TO EVERYONE WHO HELPED WITH THE JUNIOR MISS PROGRAM

- ✓ Sharon Smith – For her time and generosity
- ✓ Patti Fallin – Our very energetic, amazing Chair
- ✓ Tammy Sanders – a non-member who oversaw production and worked with the participants
- ✓ LeeAnn Flener – another non-member who donated her time to choreograph
- ✓ Lana Moore & Sandi Brooks for working with the Judges
- ✓ Melinda Howell Oglesby for providing hospitality (in her home!) for the Judges
- ✓ Nena Matheny for work with Scholastic Judges
- ✓ Shellie Utley and Suzanne Soder for tabulating our results
- ✓ Wanda Crowe – a fantatisc job with PR!
- ✓ Julie Franklin & Patti Fallin for layout on the program
- ✓ Sally, Teresea, Algia, Wanda, Cheryl, etc. for help on the day of the event!
- ✓ THANKS EVERYONE!

## Calendar of Events

SEP 1	Meeting – Bullseye @ Days Inn
SEP 15	Kentucky Cardinal Deadline
SEP 20	Newsletter Deadline
OCT	Breast Cancer Awareness Month
OCT	Domestic Violence Awareness Month
OCT 6	Meeting – TBA
OCT 19-23	National Business Women’s Week
OCT 20	Newsletter Deadline
NOV 3	Meeting – TBA

## PROPOSED NAMES FOR NEW ORGANIZATION

Formerly known as BPW/Hopkins County

**Committee:** Beth Moore, Nena Matheny, & Wanda Crowe

At the July regular meeting of our organization, a special committee was formed to propose new names for our local organization. The committee met on July 14, 2009 and reviewed several suggested names. Thank you for all of your suggestions.

It was decided that the 3 most viable names are:

- 1) **Hopkins County Professional and Business Women (Hopkins County PBW or HCPBW)**
- 2) **Pennyrile Professional and Business Women (PPBW)**
- 3) **Hopkins County Career Women (HCCW)**

While we had planned to vote on a new name at the August meeting, we delayed the vote until the September meeting. All interested members are encouraged to attend and vote.

---

### **Special offer for Hopkins Co. B&PW members from Tom's Photo Shop in Hanson!**

Your choice of \$100 discount on canvas wall portrait or 20% discount on everything else (sessions, photos, frames, etc.)! This would be an excellent opportunity to get a fantastic family portrait in a beautiful outside Fall setting.

Session arrangements must be made by October 1, 2010.

Contact Tom or Cheryl for appointment: (270) 322-8788 or email to:  
[tomsphotoshop@bellsouth.net](mailto:tomsphotoshop@bellsouth.net)

---

## JUNIOR MISS PROGRAM

Thank you to everyone for making our first Junior Miss Scholastic Program in 15 years a huge success!!! It was definitely a team effort and we all made it the great event it was! Most of you had no idea what you were getting into but I hope that you found the experience fulfilling and want to continue the program.

Hopkins County's Junior Miss 2010 was Katherine Kelley, daughter of Nancy and Bob Kelley. Other winners included: Emily McClure, 1st Runner Up and O'Livia Foster, 2nd Runner Up. Category winners included: Interview and Talent – Katherine Kelley, Fitness and Scholastic – Emily McClure, and Self-Expression and Spirit – Railey Cardwell.

We had 170+ in attendance (170 tickets were collected but we had some volunteers backstage, etc. that were not counted in this total). 28 of those tickets collected were complimentary. We ran out of programs, so we know we will need to get more next year!

Cash scholarships available totaled \$3000 and college scholarships available equaled over \$712,000. Thanks to Sharon Smith for pounding the pavement for the cash scholarships and for her own contributions to the cause!

We collected \$1633 in ticket sales and donations at the door. We still needed \$509 to make up the \$3000 we pledged for the cash scholarships on Sunday and Sharon offered to make up that difference. The club will need to vote on this but I would propose that we at least take the \$509 from the ticket sales rather than Sharon having to put up any more money. Then the club will need to decide what we do with the rest. My suggestion is to open a savings account and have it for expenses for next year.

We only had \$60 in video sales and all of those were parents. I am hopeful we will have more in the PO Box. I know that I have not ordered mine yet. Attached to the newsletter is an order form for anyone who would like to order a video and has not had a chance. The club will receive \$6 of every \$10 order made.

Again thanks to everyone for pitching in! It is a lot of work but also a lot of reward.

Patti Fallin  
Hopkins County Junior Miss Chair

---

Inspirational Quote (submitted by Lana Moore)

“Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.” By W. J. Bryan, Speech, 1899

---

## FOOD, FUN & INSPIRATION

### HEALTHY SNACKS — Submitted by Melinda Howell-Oglesby

#### Energy Sustaining Snacks

Whether you are trying to lose weight or just keep your energy levels up throughout the day, healthy snacks are important. Try not to let more than four hours pass with out eating something.

Snacks that contain carbohydrate, fiber and protein will keep you fuller longer. Carbohydrate is the preferred energy source for your body and protein will help stabilize your blood sugar so that it won't skyrocket and then quickly crash. Fiber delays the emptying of the food from your stomach. This translates into sustained energy for you.

#### Examples:

- \*string cheese and an apple
- \*celery with peanut butter
- \*yoqurt
- \*peach and soy nuts
- \*slice of whole wheat bread with peanut butter
- \*popcorn and string cheese
- \*Curves chewy granola bars
- \*cottage cheese and pineapple
- \*baby carrots and cucumbers with Hummus dip
- \*grapes and laughing cow light swiss cheese
- \*whole wheat crackers and cheese
- \*Curves protein shake
- \*smoothie made with fresh fruit and low fat milk

### Recipe: Black Bean Salad submitted by Lana Moore

2 cans (15 oz.) black beans, drained  
1 can (15 oz.) or less whole kernel corn, drained & rinsed  
1 (small to medium) each red, yellow, green bell pepper, diced to match approximate size of beans  
1 small onion (or to taste), diced  
1 (or to taste) clove garlic, minced  
cilantro (handful or to taste) minced  
red wine vinegar to taste  
lime juice to taste  
olive oil to taste  
salt & pepper to taste  
very small amount cumin (or to taste)

Mix just before serving

---

## **AUGUST MEETING MINUTES – Submitted by Lana Moore for Wanda Crowe, Secretary**

August 4, 2009

### **CALL TO ORDER**

The regular monthly meeting was held Thursday, August 4, 2009, 6:30 pm at Bullseye Steak House at Days Inn. President Algia Morrow called the meeting to order. The officers present were: Algia Morrow, President and Lana Moore, President-elect. The minutes from the July 7<sup>th</sup> meeting were printed in the August newsletter for review and approved at this meeting.

### **ROLL CALL**

Members attending: Julie Franklin, Teresea Hatler, Nena Matheny, Lana Moore, Algia Morrow, Wanda Morrow, Melinda Oglesby, Sharon Smith, Cheryl Tucker.  
Guests: J.W. Durst (Doctor of Physical Therapy) and Selena Johnston Phaup (Physical Therapist), speakers.

### **PROGRAM**

The focus was on how to develop and maintain core strength and flexibility and cardiovascular fitness especially in regard to preventing injuries.

### **TREASURER'S REPORT**

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

### **CORRESPONDENCE**

None

### **COMMITTEE REPORTS**

Junior Miss Scholarship Program – A practice tonight prevented Patti Fallin from attending this meeting. Sharon Smith, Julie Franklin, Nena Matheny and Melinda Oglesby provided updates. The program is Sunday, August 9<sup>th</sup> at Browning Springs Middle School at 2:30. There are now 8 contestants. It was learned on Monday that America's Junior Miss, Michelle Rogers (from Winchester, KY) will be attending AND performing for this program. Sharon Smith provided a history of the Junior Miss Program for the guests in attendance and encouraged everyone to attend.

### **UNFINISHED BUSINESS**

Algia Morrow passed around a form requesting members to sign up for committees. Regarding a new name for the organization, Nena Matheny suggested that members might want to postpone voting on a new name due to the absence of several members. A motion was made by Julie Franklin and seconded by Sharon Smith to postpone the vote. The motion carried. The proposed names were in the August newsletter and are:

- Hopkins County Professional and Business Women (Hopkins County PBW or HCPBW)
- Pennyrile Professional and Business Women (PPBW)
- Hopkins County Career Women (HCCW)

Cheryl Tucker asked about the membership book and group photo she will be doing for it. It was agreed to work on this after the Junior Miss Program.

### **NEW BUSINESS**

Algia Morrow asked for discussion regarding the location selected for this meeting and asked whether members wanted to return for the September meeting. It was agreed to schedule the meeting here next month.

Sharon Smith reported that the speaker for the September meeting is Mike Ruschell from the Public Defender's Office.

### **ADJOURNMENT**

Announcements and happy dollars were followed by the Emblem Benediction. The meeting adjourned at 8:20 pm.

---

**Officers  
2009-2010**

President  
Algia Morrow

President Elect  
Lana Moore

Secretary  
Wanda Crowe

Treasurer  
Patti Fallin

---

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

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

I think it is time to give this newsletter a new name, so if you have suggestions along those lines, please let me know.

Thanks to Algia, Patti, Lana, Cheryl, Melinda, 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:** [fglaw@bellsouth.net](mailto:fglaw@bellsouth.net) or

[jfranklincla@bellsouth.net](mailto:jfranklincla@bellsouth.net)

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

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

---

**BPW/HC**  
P. O. Box 154  
Madisonville, KY  
42431

