

BPW River City

An edition of the News and Views

Leadership BPW



Our next event is on
JANUARY 5th

"Bucks for Brains"

At
University of Louisville

Show your interest in our
community by joining us.

Thanks,

Christine Taylor

RSVP to
Cmtaylor222@aol.com
974-4730

January Speaker: Wendy L. Darling



We have been experiencing significant changes in our country this past year. Although this has created hardship for many, and leaving millions of others uncertain what the future may hold, this is also a time of great opportunity. Wendy Darling will be presenting a way to use these times to assess your current situation, and begin strengthening the quality of your life. The times are calling

for all of us to 'rise to the occasion,' pull together, offer our gifts, and lend a helping hand. Together we can, and will, make a difference!

Wendy L. Darling, the founder of Thumbprints International, offers presentation, seminars, and private coaching. She is also the founder of Your Fairy Godmother Club, an online community dedicated to turning dreams into reality. With more than 30 years of experience as a management and organizational development consultant, executive, entrepreneur, life success coach, keynote speaker and radio show personality, Wendy

Darling brings a myriad of experiences and perspectives to her work. A true visionary, Wendy inspires audiences to look at new ideas and methods of operation.

Wendy previously wrote a Positive Parenting column and was a contributing columnist with Metro magazine, Dallas Family and Today's Dallas Woman Magazine. Wendy also hosted her own radio show in Boca Raton, Florida. In her community, Wendy is involved in a variety of youth initiatives and serves on the board of NAWBO (National Association of Women Business Owners).

Make Your January Luncheon Reservation Today!

For lunch reservations, email your reservation to **Jeanine Holden** at JHolden@kforce.com



Lunch Reservation **Deadline**

***Thursday, Jan. 7th by 4 p.m.! ***

You may register in the same manner for a member or a guest, please be sure to specify that the person is a guest. Be advised: You are financially

responsible for any reservation you make whether you (or a guest) attend. Reservations are not required for non-eaters.

JANUARY MONTHLY LUNCHEON MEETING

**Wednesday,
January 13th, 2010**

at The Jefferson Club

Top Floor, 500 West Jefferson St.

12:00 Noon - 1:00 PM

Our menu for this meeting is:

LUNCH BUFFET: The Buffet includes Salad Bar, Soup of the day, two Entree selections, a Starch & a Vegetable, along with Rolls & Butter, Iced Tea and Coffee, and platters of Brownies and Cookies on each table. *Meeting attendance is free, and open to the public. Lunches are \$20.*



Please have checks made out in advance to speed-up the check-in process.

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A Letter From the Prez:

Hi everybody!!

MERRY CHRISTMAS & HAPPY NEW YEAR!! I hope that everyone has a safe and wonderful holiday season. I hope that 2010 is a prosperous and happy new year for everyone.

It is not too late to participate in our Leadership program. Our next event is "Bucks for Brains" at UofL on January 5th. Details are in this newsletter. I hope that you will find something that excites you and that you will attend those events.

Our Professional Development Program (PDP) begins 1/9/2010. It will consist of 4 Saturdays beginning 1/9/2010 from 9:30am-12:30pm. The cost is \$75.00 unless you are a BPW River City member. If you are a member, then the cost is free. We hope to have a good class this year. I am planning to participate in the program this year and am very excited about it. Please contact Amanda Boston if you need additional information about the program. Details are also in this newsletter.

There is also a segment about DECA toward the end of our newsletter about a volunteer opportunity for BPW River City. I hope you will read the article and participate if you are available. All of the contact information is in the article.

I hope that you will take the time to read this newsletter and see if anything is of interest to you. I look forward to seeing you at our next luncheon on January 13th.

Thanks,

Sue Woods

BPW/River City
2009-2010 President



Sue Woods
BPW River City President,
2009-2010

"Our Professional Development Program (PDP) begins 1/9/2010. It will consist of 4 Saturdays beginning 1/9/2010 from 9:30am-12:30pm. The cost is \$75.00 unless you are a BPW River City member. If you are a member, then the cost is free."



Leadership BPW Events:

Haven't been to a leadership event? Not sure you can complete all the requirements?

It's okay, come join us. We explore the community to understand Louisville better.

Please contact me with your interest in participating in the Leadership events and I will

add you to an email list to remind you of all the upcoming events. (cmtaylor222@aol.com)

I will continue to use Facebook in addition to email contact. If you prefer to use Facebook please join our group at

<http://www.facebook.com/group.php?gid=120043407378>

you must first set up a profile

to join this group. It is not necessary for you to add me as a friend.

Our next event is on **January 5th, "Bucks for Brains" at the University of Louisville.**

Show your interest in our community by joining us.

Thanks, Christine Taylor

RSVP to Cmtaylor222@aol.com or 974-4730





Overview of the Professional Development Program 09-10

The Kentucky Federation Professional Development Program (KFPDP) is a series of ten (10) professional leadership training Modules. The program contains a cutting edge approach to the 2010 workplace and beyond. This program instructs a participant on how to define their leadership style, as well as how to identify personality traits for personal empowerment. Identifying your personal brand will help you set and reach both personal and professional goals. The Kentucky Federation PDP training package includes a Participant's Development Guide, and downloadable particulars for Local Organizational use.



The class dates are:

1/09/10

1/16/10

1/23/10

1/30/10



All classes will be held at the Anthem Blue Cross and Blue Shield building.

Take responsibility for your career path and development with this investment in yourself.

The modules are:

Module 1: **The Legislative Process** (Women's Right to Vote, Equal Rights Amendment, How a Bill Becomes a Law)

Module 2: **Behavioral Styles** (Understanding Yourself and Others)

Module 3: **Communicate** (Stand Up and Stand Out)

Module 4: **Networking** (A Skill for Life; Business Etiquette, A Key to Success)

Module 5: **Interviewing and Negotiation**

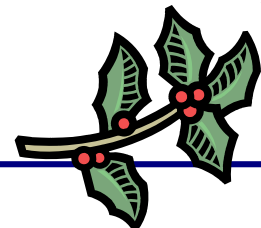
Module 6: **Creating Your Personal Brand** (How to Re-Brand Yourself in the Current Business Environment)

Module 7: **Identify your Leadership Style using the DISC Model of Human Behavior**

Module 8: **Parliamentary Process** (A Road Map for Effective Meetings)

Module 9: **Media** (First Impressions, Dress and Attire for the Media Interview, How to Get Coverage for Your Business and Organization, Using the Press Release and Preparing Media Packets, Understanding Social Media)

Module 10: **Communication Skills in the Workplace** (Long-Term Goals)





Senator Urges Governor to fund smoking cessation programs



FRANKFORT, KY-Senator Denise Harper Angel, D-Louisville, has prefiled a resolution urging Governor Steve Beshear to include funding for Medicaid-approved smoking cessation services in his '10-'12 Executive Branch budget proposal.

"With tobacco use being the leading cause of preventable death and disease in Kentucky and the United States, it is important that we act quickly on this resolution when we start the 2010 Session," Senator Harper Angel said. "Smoking cessation programs have proven to save lives and will help lower health care

costs." Kentucky ranks higher than the national averages, with smokers constituting 25.3 percent of adults, 26 percent of high school students, and 26.1 percent of pregnant women.

There are approximately 285,000 smokers in Kentucky who receive Medicaid benefits. The Kentucky Medicaid program currently spends an estimated \$487 million treating smoking-related illnesses, including lung cancer, heart disease, stroke and premature births.

"Medicaid spends nearly \$500

million a year treating smoking related illnesses," said Tonya Chang, Kentucky Director of Advocacy for the American Heart Association. "I applaud Senator Harper Angel for her efforts to help secure funding for this important initiative, which would save money over time and improve the health of Medicaid recipients."

Kentucky is one of only six states that do not provide comprehensive Medicaid smoking cessation benefits. Smoking cessation services are widely recognized as being cost-effective.

Senator Harper Angel said that

an investment of \$1.5 million from the Commonwealth in each of the next two fiscal years will allow the state to draw an additional \$3.5 million each year in federal Medicaid funds for smoking efforts.

"By securing these funds, we can help Kentuckians overcome their addictions," Senator Harper Angel said. "Most smokers want to quit and these programs will hopefully give them the capability to follow through."

Senator Harper Angel's resolution will be considered during the 2010 Session that begins Jan. 5, 2010.



Ways for women to beat the holiday stress

Shopping, cooking, cleaning -- it's time the kids and hubbies help out this holiday.

WASHINGTON - Your mother-in-law is on the way. The house is a mess. And you still have tons of gift buying to do. Let's face it. Preparing for the holidays is stressful -- especially for women.

Females tend to hold them-

selves to an incredibly high standard -- putting pressure on themselves to make it the perfect holiday season.

"There's so many details to attend to, from the shopping to all the school activities," said Dana Hilmer, founder of lifestylemom.com. "Instead of creating a holiday that's on the terms of your mother and your in-laws and your children, try

to define what you want the holiday to be for you and your family."

Hilmer says don't be afraid to delegate small tasks. Get the kids involved in stamping and labeling holiday cards. Or, have them make gifts.

"It takes the gift off your to-do list, but it's also teaching them the joy of giving," Hilmer says.

As for all you hubbies, try making a run to a big box store to pick up the stocking stuffers and miscellaneous items. But most of all, don't forget your wife.

"Try to listen to the little hints and try to get her something a little personal that she might not get for herself," Hilmer says. [Debra Feinstein](#), wtop.com

How to Keep Your New Year's Resolutions



As 2009 draws to a close, many of us are starting to decide on our New Year's Resolution. Several young ladies, I expect, will choose to lose 5 pounds again, while others might want to improve their finances or change jobs.

Whatever you want, make sure to stick it out. I have heard many friends complain about previous resolutions because they are tired of attempts that never seem to go anywhere. So here are some of my sugges-

tions: As the old proverb goes, "It is hard to change one's nature." When you make your New Year's Resolution, first ask yourself, "Why you want to do it?"

Simply put, you should understand the motivation behind it. I would like to take my personal experience as an example.

I choose to love my body, because showing love to your body is the ultimate goal.

Therefore, instead of losing weight as many young women desire, I choose to pay more attention to my body.

Second, try to create an environment that is conducive to success.

Do not build on your weakness. Additionally, do not start with things you can't or are not willing to do.

I hate jogging, but I gradually found that I love yoga because it not only helps relieve stress, but also increases the aware-

ness of our own body. So now I do yoga once a week.

Last but not least, concentrate on just a few important things. Don't try to take on too many challenges, as you will just get frustrated if it happens.

Finally, don't forget to reward yourself for reaching every milestone.

So, what are the resolutions for 2010? Looking forward to a new year and a new you, of course!

By Zhang Ling of China Daily



8 Ways To Beat Winter Bulge

Even if the economy might be growing again, you don't have to. Use these tricks to help stave off the extra pounds that can accumulate around the holidays.

Substitute: Reduced-fat dairy products can replace full-fat versions in casseroles, and chicken and turkey sausage can pinch-hit for pork sausage in [stuffing](#). Use reduced-sodium, fat-free broths in [gravy](#), stuffing, and stews. For dessert, try sorbet or fruit with cheese and almonds instead of ice cream or buttery cookies.

Share: Take food baskets or other high-calorie presents you've received (fruitcake, anyone?) to work or other places where they can be shared. You'll seem thoughtful and you won't be stuck with all that temptation.

"Preload": Have a light snack before heading to a holiday dinner. Aim for a combination of protein and complex carbohydrates—peanut butter on an apple, whole-grain crackers with cheese, or Greek yogurt with fruit and a sprinkling of nuts. Soup is another excellent option. Its high water content helps fill you up, and the warmth is soothing on a cold day. Studies have shown that people who begin a meal with soup consume fewer calories overall at that meal.

Don't over-imbibe: Drinking alcohol when there's food nearby poses a double whammy. Not only do the drinks add calories, they can also lead you to eat more by increasing your appetite, lowering your inhibitions, or both.

Opt for a glass of wine or light beer (about 100 calories) instead of, say, a margarita, which can have twice as many or more calories.

Plan outings without food: If weather permits, gather a group for a holiday bike ride or a 5K walk or run. In colder climates, consider ice skating, [snowshoeing](#), [cross-country skiing](#), or just playing in the snow. Reward yourself with a mug of hot spiced cider.

Skip empty calories: Go light on blah munchies like chips and pretzels to save room for indulgences you'll enjoy more, like a favorite dessert. If you're really hungry, nibble a few nuts or a cube or two of cheese, which

will fill you up more than carb-heavy fare.

Season strategically: Flavors such as [cinnamon](#), cloves, ginger, and nutmeg capture the essence of the season without adding too many calories. Use them to make relatively healthful fare special. Add nutmeg and ginger to butternut squash soup, for example, or dust baked apples with cinnamon.

Step away from the buffet: At parties, don't hang out by the food table. Put what you'd like on a plate, then find another spot to nibble and chat. You'll be less tempted to get refills or eat on autopilot.

Have you been to www.bpwrc.org lately?

Do you want the most up to date information about Business and Professional Women / River City? Check out our new and improved website at www.bpwrc.org. Be sure to bookmark our webpage. As a BPW/RC member, you will

want to visit this site often!

Have you missed an issue of the eNewsletter? You can find it on our newly updated website. Did you hear about an event at the monthly meeting and want to know more? Visit www.bpwrc.org!

Do you have information that you need to relay to the BPW/RC membership? The BPW/RC website is the way to go!

Contact Malena Kraig at mkraig@insightbb.com for website submissions.



"Bucks For Brains"

In 1997 the Kentucky legislature approved a bold plan to reform the state's system of higher education. The goal was to develop a "seamless, integrated system of postsecondary education strategically planned and adequately funded to enhance economic development and quality of life."

A key component of this reform was the state's creation of the Research Challenge Trust Fund, a strategic investment in university research designed to create new jobs, generate new economic activity and provide new opportunities for Kentucky citizens. Commonly known as "Bucks for

Brains," the program uses state funds to match private donations, effectively doubling the impact of private investment

supporting research in strategically defined areas and planting the seeds for a better future.





Leadership BPW Program Graduation Requirements



Listed below are the graduation requirements:

1. Attend at least five out of the fourteen Leadership BPW scheduled events.
2. Attend at least three BPW/River City luncheons throughout the 2009-2010 year, under

the leadership of President Sue Woods.

3. Attend at least one Kentucky Professional Women's Week event (October 19-23, 2009). **Due to having the breakfast cancelled and late notice, this is no longer a graduation requirement.** If you weren't able to attend, you can substitute attendance during KPWW week for an additional attendance at the #6 requirement."
4. Write a one-page white paper on: What Leadership Means to Me and How I Plan to Give Back to My Community

(or How I Have Given Back to My Community). This one-page paper is due by the March 2010 BPW luncheon meeting.

5. Attend at least one BPW Board Meeting or attend through the conference phone line. Conference call in #: 712-775-7100 and use 889805#
6. Attend at least one Metro Council Meeting OR one Mayor's Community Conversation Meeting.

Refer to Page 8 for the 2009 Schedule Leadership BPW Program events.

It is not too late to join today. There are plenty of events left that will fit into your schedule!

For more info contact **Cindy Vaughan** at : CindyVaughan14@bellsouth.net or Christine Taylor at:

cmtaylor222@aol.com



Professional Development Program (PDP)



The Professional Development Program (PDP) is for women who would like to expand their business knowledge and learn more about the Business and Professional Women (BPW) organization.

It teaches many things such as public speaking and how to give a professional presentation, but most importantly, it introduces women to Kentucky Federation of Business

& Professional Women and teaches them what BPW is all about.

It is truly a learning experience that is not to be missed. If you are interested in this program please contact Amanda Boston at Amanda.boston@anthem.com and she will be able to assist with the details of how to participate in this invaluable program.



Business and Professional Women River City Membership



There has been a LOT of changes for BPW this past year but BPW/River City is as exciting, informative and productive as ever! If you have not attended lately, PLEASE

make reservations to come to the next meeting! You will be so glad you did!

Membership will look a little different this BPW year (2009-2010). Since there are no longer national dues, we will be basing membership on a June through May year for 2009-2010. Each member will be sent an email notice (for those without emails, snail

mail will be provided) and that notice will reflect a pro-rated fee including your state membership fee. Annual membership from this point forward will be \$75 (\$25 for state fees and \$50 for local fees).

Around March or April next calendar year (2010) we will invoice everyone for their renewal membership dues. If you have questions before or after

you get your notice, please contact Lorie Marcum @ Lmarcum@secc.org.





Links for Life Comedy Caravan Event



Just in time to erase the winter blahs...at least for a night. The Links for Life Comedy Caravan event is back by popular demand! Mark your calendars for **February 18th** for a night of food and fun.



Dinner will be catered by Bravo's and the laughs will be non-stop. Tickets are \$25 and can be purchased from any Links for Life Committee member. Mary Ann Schweda will

have tickets available at each BPW RC Monthly Meeting and can be contacted with questions.



Top 3 Tips for Safer IN-STORE Shopping



(1) Always Keep Your Purse or Wallet in Your Possession. For wallet users, keep your wallet in a safe and secure

pocket, and constantly feel or check for it. For purse carriers, keep your purse strapped to your shoulder on your front or side. Never have it in a position that will make it easier for a thief to steal credit cards and check books. It is extremely important to never set your wallet or purse down or leave it unattended.

(2) Keep all Receipts. Never throw away your receipts. Instead, put them in a folder and file them away in a safe place. Then, compare them to monthly financial statements to ensure there are no unauthorized charges or over charges.

(3) Pay by Credit Card Rather than by Check or Debit Card.

Checks and debit card transactions use funds available from your bank account. Credit cards do not, often offering greater protection against fraudulent purchases. If unauthorized charges appear on a monthly credit card statement, they can be disputed, typically without much effect on your bank account.

Top 3 Tips for Safer ONLINE Shopping

(1) Shop Only at Well-Known and Trusted Sites. Shop with stores you trust and can directly access by typing the address into the web browser. Do not click on links or advertisements from unsolicited emails. Thieves can create fake online retail web pages that appear identical to a reputable store's website. Always look for the security icon (a locked padlock or unbroken key symbol) in the browser window or check to see if the website begins with "https." The Better Business Bureau is a great source for researching the leg-

itimacy of a company and their history of complaints.

(2) Only Shop with Companies that Offer a Guarantee and/or Warranty. A lot can be said about a company if they offer a guarantee and/or warranty. Reputable companies offer detailed guarantees that provide consumers protection and peace of mind. A guarantee and/or warranty displays commitment to customers if something were to go wrong in the service delivery or if there is a defect to the actual product.

(3) Read the Shipping, Return, and Privacy Policies. It is important to read and understand the shipping, return, and privacy policies before making any purchases. These policies will provide information on what the seller is gathering from you, how the information will be used, and how you can stop the process. If a site does not have a privacy policy posted, you may want to avoid any transactions. Also be sure to print a copy of each receipt or confirmation email that you receive.



BPW eNewsletter Submission and Distribution

BPW's eNewsletter goal is distribution on the 2nd and 4th Tuesday of every month. If you would like to include information in the eNewsletter, please submit your announcement via email, in paragraph form, in 50

words or less to BPWeNewsleter@aol.com by 7pm on the Friday prior to that following week's eNewsletter's release. ALL SUBMISSION REQUESTS WILL BE FORWARDED FOR APPROVAL BY A MEMBER OF THE

BPW/RC BOARD. If approved, announcements will be posted to the next release. Preference is given to BPW members and sponsors. By default, all submissions will be posted on a one-time basis in the next

pending BPW eNewsletter. If you require your submission to run more than one time, you will need to include the "run-until" date in your submission request.

2009 Leadership BPW Program

Leadership BPW consists of meetings with community leaders who will share their knowledge about various community initiatives, community resources, places of interest and corporations. The goal is to become more educated about our city's resources, while developing attributes to become future business/community leaders. We are able to ask all the questions we want of these community leaders who have specifically opened their doors to accommodate our leadership program.

The committee chairs doubled the number of events for this year's program from 9 to 18 events. This will give participants 2 events per month to select from.

LEADERSHIP BPW DATES:

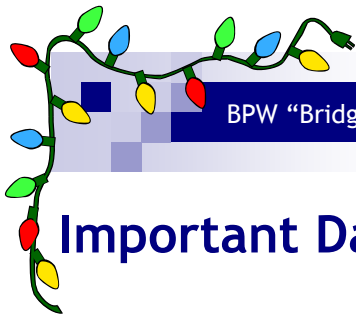
Jan. 5, 2010	Bucks for Brains - U of L 5:30 - 6:30 pm
Jan. 18, 2010	Downtown Development Corp 5:30 - 6:30 pm
Feb. 2, 2010	Sullivan University noon
Feb. 22, 2010	Norton Commons 5:30 - 6:30 pm
Mar. 2, 2010	Print House for Blind 3:00 - 4:00 pm
Mar. 15, 2010	Persimmon Ridge 5:30 - 6:30 pm
Apr. 6, 2010	Louisville Convention Center & Visitor's Bureau 5:30 - 6:30 pm
May 12, 2010	Graduation Day at BPW luncheon meeting noon

For more info contact Cindy Vaughan at : CindyVaughan14@bellsouth.net

or

Christine Taylor at: cmtaylor222@aol.com





Important Dates to Remember:



January

- 1 State Bylaws Chair forwards proposed revisions to the Executive Committee
- 13 Monthly BPW/RC Meeting - Jefferson Club
- 18 Board Meeting - Arison Insurance

February

- 15 Deadline for state office nominations
- 10 Monthly BPW/RC Meeting - Jefferson Club
- 15 Executive Board Meeting - Arison Insurance

March

- All Month Women's History Month
- 15 *Kentucky Cardinal* deadline
- 10 Monthly BPW/RC Meeting - Jefferson Club
- 15 Board Meeting - Arison Insurance
- 27 North Central Region Meeting

April

- 1 [Deadline for STATE awards submissions](#)
- TBA Equal Pay Day
- 14 Monthly BPW/RC Meeting - Jefferson Club
- 19 Board Meeting - Arison Insurance
- 30 [BPW/KY Foundation Scholarship Application deadline](#)

May









- All Month Military Appreciation Month
- 1 Deadline for ALL Local and Regional Award Submissions
- 1 Submit Regional YC information to State YC Chair
- 12 Monthly BPW/RC Meeting - Jefferson Club
- 17 Executive Board Meeting - Arison Insurance





January 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3	4	5 Leadership BPW 5:30 Bucks for Brains U of L	6	7	8 <i>E-Newsletter Article Submission Deadline</i>	9  www.bpwrc.org Information Submission Deadline
10	11	12  E-Newsletter Distribution	13  12:00 Monthly BPW/RC Meeting @ Jefferson Club	14	15	16
17 Leadership BPW 5:30 Downtown Development	18  5:45 Full Board Meeting @ Arison Insurance	19 	20	21	22 <i>E-Newsletter Article Submission Deadline</i>	23  www.bpwrc.org Information Submission Deadline
24	25	26  E-Newsletter Distribution	27	28	29	30
31						



Contact: Shane Thomas
Phone: (703) 860-5000
Cell: (703) 597-9747
E-mail: shane_thomas@deca.org

FOR IMMEDIATE RELEASE

1,000 Kentucky businesspeople needed to judge DECA's business and marketing students

DECA's international conferences will bring 16,500 members and \$14 million to Louisville-area economy

One-thousand local business members who are supervisors, managers, directors and executives in the business, marketing, finance and hospitality and tourism fields are needed on Monday, April 26, 2010 to judge DECA's competitive events.

More than 15,000 high school students and advisors with interests in finance, hospitality and tourism, marketing and management will convene in Louisville, Ky. for DECA's annual International Career Development Conference held April 24-27, 2010. Nearly 1,500 of their college counterparts will meet April 17-20, 2010, with judging occurring Monday, April 19, at the Galt House Hotel.

Local business members wishing to volunteer their time and expertise should call Shane Thomas, DECA's Director of Competitive Events, at (703) 860-5000. Training is provided on-site the day of the event for judges.

DECA members will compete against state/provincial finalists in one of DECA's 60 competitive events based on industry and national curriculum standards. Students will compete in role-plays, case studies and prepared presentations in events such as Accounting, Advertising Campaign, Business Operations Research, Business Law and Ethics, Entrepreneurship, Fashion Merchandising, Hotel and Lodging Management, Restaurant Management, Retail Merchandising and Sports and Entertainment Marketing.

DECA members will pump more than \$14 million into the Louisville-area economy during these international conferences. More than 1 million square feet of convention center space will be used, 30,000 hotel room nights will be reserved, 15,000 tickets to area attractions will be purchased, 250,000 meals will be served and countless souvenirs will be purchased.

DECA is a 501(c)(3) not-for-profit student organization preparing its members for careers in marketing, management and entrepreneurship. DECA operates in all 50 United States, the District of Columbia, Puerto Rico, Guam, the Virgin Islands, Canada, Mexico and Germany. The United States Congress, the United States Department of Education and the district, state and international departments of education authorize DECA's programs.

Quotes from DECA members, judges, and school board members

"I have been a business manager for many years and I have learned methods of speaking and marketing and have found DECA to be more informative than the formal training I received as a manager within my organization. I have learned to respect DECA and feel it is a must for high school seniors before entering college or the work force. If given a choice, a DECA member would earn a position within my organization over someone without DECA on their resumé."

- Mona Fulkerson, Grayson County School Board Member

"DECA was one of the most influential parts of my development as a person. It took me to many parts of the country and introduced me to many great friends and business relationships that I still rely on today."

- Jason Benefiel, Former Kentucky DECA Member

"The level of expertise that the competitors demonstrated was not only extraordinary, but reinforced my level of confidence in the youth of America."

- Lisa Skaggs, Former DECA Judge

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