

MARCH
2011

MEETING

Tuesday

March 1st

6:00 p.m.*

***Please note
time change**

LOCATION

Kentucky
Fried
Chicken
Madison
Square Drive

PROGRAM

TBA

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HC B&PW News

A Publication of Hopkins County B&PW

President's Message

Hello Everyone,

I hope everyone is well and looking forward to Spring as I am. Even though the rains, I imagine, will come and the winds will blow, I'm ready to put winter behind me.

*"Come the Spring with all its splendor,
All its birds and all its blossoms,
All its flowers, and leaves, and grasses."*

Longfellow.....*Hiawatha*

Thanks to all of you who attended our last meeting at La Casa. And thanks, again, to Sharon for the excellent program she arranged for us. Mary Ann Durbin, owner of Exotic Florist, and Marion Miller, owner of iSurf, shared their experiences and stories with us, how they got into their businesses, the challenges they faced, and why they stayed. I, for one, felt that one thing that stayed with them through ups and downs was the enthusiasm they had (and still have) for what they were doing. So, thanks again, Sharon.

"Nothing is so contagious as enthusiasm; it moves stones, it charms brutes. Enthusiasm is the genius of sincerity and truth accomplishes no victories without it.".....Bulwer-Lytton

I am looking forward, enthusiastically, to our next meeting on Tuesday, March 1st, at KFC at our new time of 6:00 p.m. We have a big agenda over the next several months (bowling for Big Brothers Big Sisters, Regional Meeting, the Junior Miss Scholarship Program, other fundraising opportunities) and need the assistance of you all. I hope to see you there and, once again, I ask those of you who are unable to attend to please share your ideas with us by e-mail or phone. There is no such thing as too little help. Thank you.

Lana

MARCH 1

At

MERLE NORMAN

**New spring colors will
be on counter**

**Gift with purchase also
available**

**See Sharon Smith at
Merle Norman for full
details**

Calendar of Events

| | |
|----------------|---|
| MARCH | Women's History Month |
| MAR 1 | Meeting – Kentucky Fried Chicken – 6:00 p.m. |
| MAR 15 | Junior Miss Committee Meeting – 6:00 p.m. |
| MAR 15 | Kentucky Cardinal Deadline |
| MAR 20 | Newsletter Deadline |
| APR 5 | Meeting – TBA – 6:00 p.m. |
| APR 9 | West Region Meeting – Central City |
| MAY 3 | Meeting – TBA – 6:00 p.m. |
| JUN 2-4 | KFBPW Annual Conference – Bowling Green |
| JUN 11 | Dress Rehearsal – Junior Miss |
| JUN 12 | Junior Miss Program |

MEMBERSHIP MATTERS

- **WELCOME NEW MEMBER – KERI LANGER!** Keri came to our February meeting as a guest, and decided to join. Keri currently resides in Henderson and works in Madisonville as Marketing Coordinator at Hancock Bank & Trust Co. When she is not working, she enjoys crafts, cooking, and volunteering. Keri has already joined our Junior Miss Committee, and we sincerely look forward to getting to know her. Please introduce yourself to Keri at the next meeting.
 - We all send our heartfelt best wishes to member Suzanne Soder who recently had surgery. She is doing well, recuperating at home.
 - Member Wanda Crowe was recently recognized as Ambassador of the Year at the Chamber Luncheon. Congrats Wanda – you so deserve this recognition!
 - Thanks to Patti Fallin, Wanda Morrow, Cheryl Tucker, Sally Taylor, Wanda Crowe, and Julie Franklin who all volunteered to be a part of our Bowl for Kids Sake Team. The event is set for April 30. If you were unable to participate, you can still help by making a donation to one of the bowlers.
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LEGISLATION COMMITTEE submitted by Beth Moore, Chair

The following is a summary of information concerning the Kentucky Senate from Senator Denise Harper Angel. This information was made available by the BPW State Legislation Chair Phyllis Hargrave.

SENATE WEEK IN REVIEW

Prepared by: LRC Public Information Office

Submitted by: Senator Denise Harper Angel

We are at the halfway point of this 30-day legislative session, and an important mile-marker passed Friday — the last day to file new bills in the Senate. So we now have a clear idea of what Senate legislation we have to consider. Fairly soon, we will wrap up our work on Senate-sponsored bills and begin hearings on House proposals. Conversely, we passed several significant bills this week in the hopes the other chamber will give them its seal of approval.

Two bills we passed will not grab headlines, dealing as they do with the inner workings of government, but each have a major impact on thousands of Kentuckians. Since you will not read about them from most media outlets, I want to report on them to you myself.

SB 39 will require any business bidding on a state contract to be registered with the Secretary of State's office. We currently require most businesses to do this already, but many out-of-state businesses skirt the rules without real consequence, putting Kentucky businesses at a disadvantage. In the last six months alone, nearly \$3 billion in state contracts have been awarded, a figure that shows the magnitude of the potential problem.

We also approved participation in a proposed multi-state compact governing horseracing rules and regulations. If the House goes along, SB 24 would make Kentucky the first state to join the compact, assuring our leadership position among other 'horse states' like New York, California, Maryland, and others that have their own rules for horse racing. Just as importantly, this compact will still allow the Kentucky Horse Racing Commission to have final say over any new rules. The compact will act as a coordinating body, not the final authority on the rules.

In recent years, there has been an effort at the federal level to regulate horseracing, and that threatens the ability of Kentucky horse owners, breeders, jockeys, and track operators to have a direct local say in how our signature industry is run. The main concern is that, as different states impose their own rules for which medications are legal, how pari-mutuel wagering is conducted, and other important aspects of how horseracing is operated; cross-state differences could put Kentucky at a competitive disadvantage. We, of course, want Kentucky racing to remain vital and well run. This multi-state compact, we believe, is a better way to accomplish that than federal oversight.

The following is a list of legislation that I have filed as the primary sponsor:

- SB 23 – Relating to personal care services. *Assigned to the Judiciary Committee.* No advancement.
- SB 32 – Relating to the inclusion of the body mass index on school physical examination forms. *Assigned to the Education Committee.* No advancement.
- SB 49 – Relating to dating violence. *Assigned to the Judiciary Committee.* No advancement.
- SB 72 – Relating to health-facility-acquired infections. *Assigned to the Veterans, Military Affairs, and Public Protection Committee.* No advancement.

If you support my legislation you can assist me by calling the chairman of the respective committees to ask that a committee hearing be given.

Only 14 legislative days remain before we break for the veto period, so now is the time to make your views known. To leave a message for me, your House member, or any other legislator, call the General Assembly's toll-free Message Line at (800) 372-7181. People who prefer to offer their feedback in Spanish can call the General Assembly's Spanish Line at (866) 840-6574. Citizens with hearing impairments may leave messages for lawmakers by calling the TTY Message Line at (808) 896-0305. You can also e-mail me directly at denise.harperangel@lrc.ky.gov.

HEALTH submitted by Melinda Howell Oglesby

Want toned abs and a flatter stomach? If all the DVDs, [workout gizmos](#) and "belly-fat-burning" pills, books, and [diets](#) out there are any indication, we're obsessed with slimming down our midsections, and for good reason. A flat stomach not only looks great; it's also a boon to your health—especially when compared to abdominal obesity, which is [correlated with several health risks](#). But are all these abs-training products really getting us any closer to the abs of our dreams? If not, it's probably no fault of your own. So much inaccurate information has been circulating for so many years, that there are few muscles more misunderstood than the abs. I've seen so many mistakes firsthand that I figured it was time to clear up the confusion. When it comes to training your abs, there is a right way and wrong way to do it. Are you guilty of any of these top abs-training mistakes? Find out!

#1: Over-Crunching - If you think of crunches when you think of working your abs, you're not alone. Crunches are a great way to target the abs, but there are [more effective ways to work out!](#) For one, crunches mainly work just one of the muscle groups in your core: the rectus abdominis. And they only work it from one angle. You can train your abs without every doing a single crunch, and if crunches are your go-to abs exercise, it's probably time that you do! Need some crunch-free workout ideas? Check out my 10-minute [Crunchless Core Workout](#) and this [No-Crunch Workout](#) with a ball, as well as [SparkPeople's core exercise demos](#).

#2: Too Many Reps - There is no need to do 50, 100 or thousands of crunches each day. Many do more, thinking it will help spot-reduce (lose fat) from the belly, but that is a myth. If you are doing exercises correctly, 8-15 repetitions are all you need to target those muscles and get results. Here's an easy rule: Train the abs like you would any other muscle, which typically involves 1-3 sets of 8-20 repetitions per exercise.

#3 Having an Abs Routine in the First Place - Do you have an abs routine? Whether it's a DVD, piece of equipment, or just a series of exercises, doing the same exercises each time will only get you so far. Your abs routine will become, well, routine, and you won't be challenging your muscles anymore. [Change up your workouts](#) and [mix up your exercises](#) regularly, including a variety of moves to work your abs in different ways (see mistake #7 below).

#4 Not Focusing on Form - If you're doing an abdominal exercise and not really feeling it, I'm going to tell you a cold, hard truth: It's probably not because you're super strong and fit. More likely, you're not doing it properly. The key to really working abs is to focus on form, by deeply engaging your abs throughout each movement. This is commonly described as "pulling your navel towards your spine," or "scooping" the abs inward and it will help you engage more muscle fibers (especially the transverse abs), making each repetition more effective. And did you know: Mentally focusing on the muscles you're trying to engage during any exercise (abs or otherwise) actually does make a difference in how well you execute the move? Try it next time and you'll notice a difference!

#5 Believing in Belly Fat Burners - Can specific foods, [nutrients](#), diet pills or supplements really target belly fat and help you melt it away? Probably not. There is some research to show that certain nutrients may help people lose more belly fat, but most of this "research" is sketchy at best—poorly controlled, poorly designed, and not well replicated. It'd be nice to think that you could just eat an exotic berry or pepper—or pop a pill that contains them—and melt away the inches from your waist, but don't fall for this hype. The person telling you that any food or product can burn fat from your belly has one goal in mind: selling you something. If it sounds too good to be true, it probably is!

#6 Neglecting the Rest of Your Core - The **rectus abdominis** (or abs, for short) run down the front of the torso, from the center of the ribcage to the pubic [bone](#). These are the main muscles that work when you do any sort of "crunching" motion (spinal flexion). But your torso also extends, bends and rotates—and all of those motions should be part of your abs training repertoire. Your **obliques** (which run diagonally across your middle) active during laterally flexion and rotation; the **transverse abdominis** (a long muscle that runs horizontally beneath the rectus abdominis) acts like a brace during [plank-style](#) exercises and is highly targeted during [Pilates](#); and your back (**erector spinae** muscles along the spine) is the primary mover during spinal extension, which most people don't do enough of. A good rule of thumb is that every time you train your abs, you should also target the obliques and lower back as well (more on that below).

#7 Only Working the Abs from One Angle - I touched on this above. Most people only work their abs by doing flexion (crunching movements), but a solid abs training program should include multiple angles and ranges of motion. Here are some examples to help you understand the many ways to move your core. ([This 15-minute routine](#) features all of these movements in one workout!):

Spinal flexion (mostly works the rectus abdominis). Examples include all variations of [crunches](#).

Spinal rotation (mostly works the obliques). Examples include [bicycle crunches](#) (which combine flexion with rotation), [seated twists](#), and [standing twists](#).

Spinal extension (mostly works the erector spinae). Examples include [back extensions](#), [superman](#), and [swimming](#).

Lateral spinal flexion (works the erector spinae, rectus abdominis and obliques). Examples include side bends [with dumbbells](#), or [without equipment](#).

Bracing, balancing, stabilization and isometric exercises (work the entire core to different degrees). These are all different types of exercises, but I'm lumping them into a catch all "other" category here. Examples include [plank](#), [bridge-ups](#), [dolphin pose](#), [side plank](#), and [bird dogs](#) (quadruped arm and leg lifts).

#8 Spot Training - You may be surprised to know that most people actually DO have strong, defined abs...they just happen to be covered by a layer of fat. So how do you get rid of that layer of fat? More crunches, right? Wrong. More of the exercises listed above? Also wrong. All the abs-toning exercises in the world won't burn the fat on top of the muscle. To accomplish this, you need a combination of [cardio exercise](#) and a [healthy diet](#) to create a caloric deficit necessary to lose weight. Get a free weight loss meal plan at [SparkPeople.com](#).

#9 Ignoring Your Abs When Not Exercising

I don't want to give you mixed messages. The exercises listed in #7 are great ways to target your abs and strengthen them. Moves like that should be part of your training. But did you know that your abs also play a role in [balance](#), [posture](#) and stabilization during all kinds of everyday movements and exercises—everything from walking to your car to coughing to squatting? It's true. They always engage a little bit during everyday activities, even when you're not thinking about them. But you CAN (and should) think about them more often. Next time you follow one of [my workout videos](#), notice how many times I remind you to "engage your abs"—even when you're working your arms, back or legs. This is going to strengthen your form and control during the exercise at hand, and it gives those transverse abdominals a little extra something to work on, too (which also protects you from injury). Try to think about your abs more during the day. You'll sit taller, help strengthen that deep abdominal muscle, and perform better all around!

#10 Using Abs Training Gizmos

Every year, [a new gadget](#) to help you achieve "the abs of your dreams" hits the market and sells millions. Machines that swing, roll, rock, shake, slide, and make abs training look oh so easy! Do some of these machines work your abdominal muscles? Sure. Will using that machine alone help you get washboard abs? Sorry, but no. Think about the mistakes listed above. Using an abs workout machine means you'll be making a lot of the mistakes above: spot training, neglecting other movements, doing the same routine, doing too many reps, etc. Their commercials may seem impressive and realistic, but I'd advise you to save your money. [The real secret](#) to getting the kind of results seen in those commercials isn't about the gadget at all. It's about diet, cardio, and proper abs training, which doesn't require any equipment.

Are you guilty of any of these mistakes? Do you have any others to add to my list? What's your favorite way to work your abs?

FEBRUARY MEETING MINUTES

February 1, 2011

CALL TO ORDER

The regular monthly meeting was held Tuesday, February 1, 2011, 6:30 p.m. at the La Casa Restaurant. President Lana Moore called the meeting to order. The officers present were: Lana Moore, President; Sharon Smith, President Elect; Patti Fallin, Treasurer; and Wanda Crowe, Secretary. The minutes from the January 4, 2011 meeting were printed in the February newsletter for review and approved at this meeting. Mary Ann Durban, owner of Exotic Florist & Gifts, and Marion Miller, owner of ISurf answered questions posed by Sharon Smith and other members on the ups and downs of owning their own businesses.

ROLL CALL

Members attending: Wanda Crowe, Patti Fallin, Julie Franklin, Nena Matheny, Lana Moore, Wanda Morrow, Melinda Oglesby, Tammy Sanders, Sharon Smith, Sally Taylor-Buie, Cheryl Tucker. Guests: Mary Ann Durban, Marion Miller, Keri Langner (prospective member).

TREASURER'S REPORT

The Treasurer's report as of January 31, 2011 with a balance of \$1895.63 was distributed and reviewed. The report will be filed for audit. Hopkins County Junior Miss account balance was \$581.96. 2009-2010 Audit has been completed and Form 990 filed by Suzanne Soder. A copy of her report will be included in the March newsletter.

CORRESPONDENCE

None

COMMITTEE REPORTS

Membership: Patti emailed information for the membership handbook and received responses from most members. If you did not respond Patti will assume your information was correct and will appear that way in the directory. We were very excited that Keri Langner decided at the meeting to become our newest member. Keri is the Marketing Director of Hancock Bank & Trust Company.

Junior Miss: Lana Moore and Wanda Crowe will be going to Hopkins County Central High School at 10:30 a.m. on Friday, February 4, 2011. We are still looking for a contact person at Dawson Springs High School. We now have three girls who have signed up to participate. June 12, 2011 at 2:30 p.m. has been set as the date for our program. Another organizational meeting is scheduled for February 15, 2011 at Curves beginning at 6:00 p.m.

OLD BUSINESS

The club is below budget projection and fund raisers were discussed. Members are needed for our Bowl for Kids' Sake team to be held on Saturday, April 30, 2011. Julie Franklin will be our team captain and will need five more to bowl. As soon as she has the team members in place, she will be able to request a bowling time.

NEW BUSINESS

It was approved, in conjunction with our bylaws, to rescind the Standing Rules and Procedures for our meetings as they were outdated. It was approved to change our meeting time to 6:00 p.m. beginning with our March meeting. The meeting place for March will be at Kentucky Fried Chicken in their meeting room. Lana will check to be sure about room charges, etc. Donations were collected for BPW/KY Foundation and Wanda Crowe will continue to collect monies at the March meeting before sending in the contributions.

ADJOURNMENT

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

Wanda Crowe
Secretary

**Officers
2010-2011**

President
Lana Moore

President Elect
Sharon Smith

Secretary
Wanda Crowe

Treasurer
Patti Fallin

Visit KFBPW at
www.bpw-ky.org

Visit BPW/USA at
www.bpwusa.org

Editor's Note by Julie Franklin

It seems that just when I get to the point of being stressed out and feeling sorry for myself because of something going on, either work or personal, something happens that makes me realize just how fortunate I truly am. This month, I hope you take the time to be grateful for your spouse, your family, your friends, your job, and the time to do the things that make you happy.

Sincere thanks to Lana, Beth, Melinda, Sharon, 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 mail: P. O. Box 547, Madisonville, KY 42431

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