

OCTOBER  
2011

MEETING

Tuesday  
October 4<sup>th</sup>  
6:00 p.m.

LOCATION

Merle Norman  
Madison  
Square Drive

MENU

Subway  
Sandwich Box

PROGRAM

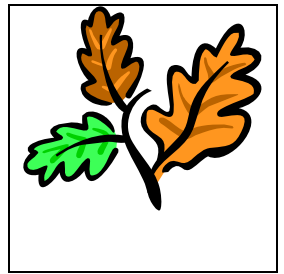
Karey  
Deardorf, Esq.  
Hopkins Co.  
Attorney's  
Office

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# HC B&PW News

*A Publication of Hopkins County B&PW*



## President's Message

Dear BPW members:

Happy October and thank goodness for cooler weather. I cannot believe this year has passed by so very quickly!

How awesome is it that we have two contestants in the Jr. Miss / Distinguished Young Woman STATE PROGRAM! We each need to congratulate Breanna Hatler and Katie Gamblin on making the cut for this year's event. Also, thank you Patti for taking care of this in your usual professional manner.

Julie - thanks for bringing such a neat charitable opportunity with the shoes. I don't know about anyone else, but I will have several pairs to share. I believe this is a great way for us to be able to help others without it being a burden on any club member. Please be sure to bring your ideas to the club so we can make a difference in the lives of others.

Wanda Morrow is still taking nominations for Woman of the Year, Woman of Achievement and also, Business Equity award winners. Be sure to make your nominations to Wanda or you can e-mail me if need be. We will be choosing the winners within the next week or so.

Hope to see each of you at the meeting on October 4<sup>th</sup> at Merle Norman.

"It's beauty that captures your attention; personality which captures your heart" author unknown.

Sharon

### SEEKING NOMINATIONS

WOMAN OF THE YEAR

WOMAN OF ACHIEVEMENT

BUSINESS EQUITY

Email nominations to Wanda  
Morrow, Kentucky  
Professional Women's Week  
Chair

[wanda@hopkinsca.com](mailto:wanda@hopkinsca.com)

### FUNDRAISERS

Lana Moore, Treasurer, has RADA Cutlery and Innisbrook sales brochures and order forms. You can pick up one or both at the next meeting, or contact her directly at [lanajmoore@live.com](mailto:lanajmoore@live.com)

## Calendar of Events

OCT	Breast Cancer Awareness and Domestic Violence Awareness Month
OCT 4	Monthly Meeting – Merle Norman Cosmetics – 6:00 p.m.
OCT 15	Purses With A Purpose Yard Sale – 8-12 – Merle Norman Cosmetics
OCT 17-21	National Business Women’s Week
OCT 20	Newsletter Deadline
OCT 31	Kentucky Foundation Scholarship Application Deadline
NOV 1	Monthly Meeting – TBA
NOV 8	Election Day
NOV 18-19	KFBPW Interim Board – Barren River State Park
DEC 1	Kentucky Cardinal Deadline

## **SHOES PROJECT** submitted by Julie Franklin

As you were previously advised via email, I received the information below from one of my sisters who is a teacher at HCCHS. This is a no cost project for us and will help you clean out your closet!

Please bring at least one pair of shoes you no longer need to our next meeting. I will take charge of delivering them.

*DECA at Hopkins County Central is collecting shoes until October 22. These shoes will be sent to 3rd world countries to allow them to:*

- 1. Create playground mulch from the shoes that are unable to be refurbished and sold.*
- 2. Refurbish the salvagable shoes and sell them.*

*The money gained from the sell of the shoes will be used to build water pumps and water lines that will allow the country to have clean drinking water!!!!!! This is a VERY exciting opportunity for us to help someone else help themselves.*

*Old Shoes, New Shoes*

*Red Shoes, Blue Shoes*

*One Shoe, Two Shoes*

*BRING IN ALL SHOES!!!!!!!*

*ANY kind, ANY size, ANY shape, ANY condition--- we WILL ACCEPT*

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## HEALTH submitted by Melinda Howell Oglesby

(Melinda is submitting articles on various topics from the Cleveland Clinic, who has partnered with Curves; look for these over the next several months. Thanks Melinda!)

# BE AWARE

## Common Signs of Thyroid Disorders

### Hyperthyroidism

- Nervous
- Irritable and shaky
- Racing heart
- Excessive sweating
- Heat intolerance
- Frequent bowel movements
- Thinning of the hair
- Weight loss
- Irregular periods
- Goiter (enlargement of the thyroid gland)

### Hypothyroidism

- Slowing of body function
- Slower thinking
- Depression
- Coldness
- Constipation
- Muscle weakness
- Abnormal periods
- Weight gain
- Lack of symptoms is common so a blood test screening is important.

### Goiters & Nodules

- Most nodules, lumps in thyroid, are painless and discovered by doctor feeling a patient's neck during a routine physical exam
- Large nodules can be noticed during shaving or putting on makeup and can cause difficulty swallowing and breathing, and hoarseness
- Goiters can grow to an enormous size before they cause symptoms such as breathing or swallowing or a change in voice
- In rare cases, nodules may cause hyperthyroidism
- Goes unnoticed until large enough to feel or see

### Thyroid Cancer

- Often, patients have no symptoms
- Lump or nodule often found during neck exam, ultrasound, CT scan, or MRI performed for an unrelated condition
- In rare cases, thyroid cancer will cause pain, difficulty in swallowing or hoarseness
- Women are more likely than men to develop thyroid cancer
- Most types of thyroid cancer can be completely removed with surgery
- Survival rates for thyroid cancer are high

This information is provided by the Cleveland Clinic and is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition. For additional health information, please go to [www.clevelandclinic.org/health](http://www.clevelandclinic.org/health).

**"DISTINGUISHED" submitted by Lana Moore**

Recently I had the privilege, with Patti Fallin, of serving as a judge for the Distinguished Young Women of Simpson County program, so my word for this month is "distinguished." Once again I'm not implying that you all don't know or understand the word; I just wanted to go on a word journey. If you really don't want to go with me, I know you will skip this and I won't be at all offended.

The definitions in a dictionary are (1) famous and (2) dignified. I started with dignified: having or showing dignity. Dignity: (a) composed and serious manner (b) worthiness, nobleness (c) high rank or position. You can tell the trip might be rather long, and I next found myself at (a) composed: calm, self-possessed. Then I turned right to (b) nobleness rather than left to worthiness; I'm on a way one journey, you know, and had to choose. One of the four definitions of noble is: of excellent character; magnanimous. Of course I took the fork in the road marked magnanimous: nobly generous; not petty in feelings or conduct. By now I was a little weary so I took the By-Pass around (c) high rank or position.

I stopped for coffee wishing I had not forgot (or is it forgotten?) my glasses. Rubbing my eyes I reflected on my journey. As an organization interested in hosting a Distinguished Young Women program, Hopkins County BPW hopes to encourage the senior girls in our community to believe they each have the potential to reach their own goals in life by providing them the opportunity to showcase who they are. In the process, perhaps we can also look inward and remember who we are.

We strive to be self-possessed, calm women who are not petty in feelings or conduct. Just as we hope to encourage them to be their best selves, we can continue our quests to be healthy and physically fit, to serve our community, to work hard at our jobs, to set and achieve goals, and to live by moral and ethical principles. Driving or riding in the fast lane does not always allow time for a breath, a moment to think about where we are really going and why. Being a part of the Simpson County program allowed me that and I appreciate it. So thank you to BPW and to Patti for inviting me to participate.

**SEPTEMBER MEETING MINUTES** submitted by Melinda Howell-Oglesby, Secretary

**September 6, 2011**

CALL TO ORDER

The regular monthly meeting was held Tuesday, September 6, 2011, 6:00 p.m. at Merle Norman Cosmetics. President Sharon Smith called the meeting to order. The officers present were: Sharon Smith, President; Tammy Sanders, President Elect; Lana Moore, Treasurer; and Melinda Oglesby, Secretary. The minutes from the August 2, 2011 meeting were printed in the September newsletter for review and approved at this meeting. Sophie French, Hopkins County Health Department was our guest speaker.

ROLL CALL

Members attending: Wanda Crowe, Patti Fallin, Julie Franklin, Teresea Hatler, Melinda Oglesby, Beth Moore, Lana Moore, Algia Morrow, Wanda Morrow, Tammy Sanders, Sharon Smith, Sally Taylor-Buie. Guest: Sophie French, speaker.

TREASURER'S REPORT

The Treasurer's report as of August 31, 2011 with a balance of 2241.58 was distributed and reviewed. The report will be filed for audit. Hopkins County Junior Miss account balance was \$456.66.

CORRESPONDENCE

We received a thank you note from American Cancer Society for our donation to the Hopkins County Relay for Life.

COMMITTEE REPORTS

KPWW: Suggestions were given for guest speaker for our Banquet. Nominees should be submitted to Wanda Morrow for the Business Equity Recipient, Woman of the Year, and Woman of Achievement. A membership event will be held at Merle Norman Cosmetics that week.

Membership: As we do not have a membership chair, everyone is asked to continue to invite prospective members. Algia Morrow has someone interested in becoming a member.

Finance: The basket raffle raised \$265.00. We will sell RADA and Innisbrook to raise additional funds.

Junior Miss: We have two representatives for state competition. One registration fee has already been paid. Wanda Crowe moved that the monies for the second fee be taken from the Junior Miss account, motion with second was adopted.

UNFINISHED BUSINESS:

Patti will check on setting up a local website with a link off the state's website.

We will have a fund raiser for "Purses with a Purpose" on October 15, 2011 at Merle Norman. Gently-used Vera Bradley purses will be sold with proceeds going to the Hopkins County Health Department to help women pay for cancer screenings that otherwise could not afford them.

NEW BUSINESS:

The need for Standing Rules and Procedures was discussed. Beth Moore and Tammy Sanders will review the old ones that were rescinded and make recommendations at the next meeting.

Our October meeting will not be held at Merle Norman. Algia Morrow will email members with meeting location.

ADJOURNMENT

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

Melinda Oglesby, Secretary

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**Officers  
2011-2012**

President  
Sharon Smith

President Elect  
Tammy Sanders

Secretary  
Melinda Oglesby

Treasurer  
Lana Moore

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Visit KFBPW at  
[www.bpw-ky.org](http://www.bpw-ky.org)

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

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

Sorry for the delay in sending this edition to you. My mother-in-law passed away recently, and my time has been devoted to making sure my husband and his family have everything they need.

My mother-in-law – Linda C. Franklin – was a very sweet, unselfish lady who dearly loved her children. She most graciously and unconditionally accepted and welcomed anyone and any animal that her children brought into her home (including me – about 25 years ago). We will miss her terribly but will do our best to remember the happy times and celebrate her 85 years of life.

Sincere thanks to Sharon, Melinda, Lana, and Wanda C. for their contributions to this edition of the newsletter.

Submit your articles, information, and ideas to me, by the 20<sup>th</sup> of each month, as follows:

By E-mail: [jfranklincla@bellsouth.net](mailto:jfranklincla@bellsouth.net)

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

By fax: 270-821-2360

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