

Notes & News

February 2011
VOLUME 3, ISSUE 7

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*Happy Birthday wishes to all our
February Birthdays!
Hope you have (or had) a great day!*

2010-11 Franklin BPW Executive Committee

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The Franklin BPW meets the third Thursday of every month at 6pm. Please email or call any officer with questions.



Jerilyn's Jabbers

Greetings!

First I want to apologize for having to cancel the January meeting at the last minute. I just couldn't justify us getting out and taking a chance on someone getting hurt or running off the road in the snow.

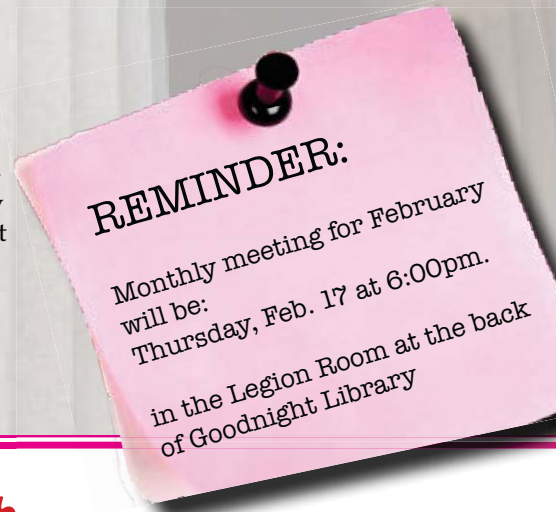
Great news! I have talked with Kelly Harding and he can come to our February meeting and have our program on Health Care Reform. We will be doing everything that we were going to

do last month including our Foundation fundraiser. As before, I will be handing out little piggy banks for you to throw your excess change in to follow along with a calendar that will be distributed.

I will be handing out information regarding our March meeting and our Young Professional speak-off that Cathy Hughes is planning. We will be incorporating that in with our Women's History Month program. If you know of anyone that would be interested in this let me or Cathy know.

Even though Punxsutawney Phil didn't see his shadow, the Farmer's Almanac says we will see snow until April. Having said that, just know that I will try to do my best at watching inclement weather issues and keeping you abreast of any cancellations ahead of time. If you have any questions or ideas or comments, please let me or one of the other officers know.

Jerilyn



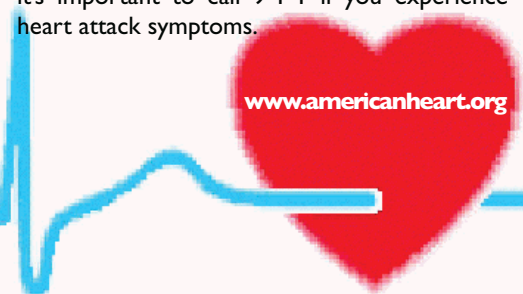
February is American Heart Month

Many women don't realize that heart disease is the number 1 killer of women.

As our lives become more hectic and stressful it's critical to be mindful of how that strain could be impacting your heart health. At any age it's important to have a healthy diet, perform regular exercise, and decrease stress as prevention strategies. However in order for women to reach their diet and exercise goals, there must be better access to healthy foods especially in poorer neighborhoods, improved public recreation facilities and listings of nutritional information in more restaurants.

A study published in the Circulation: Cardiovascular Quality and Outcomes journal showed that racial gaps exist in women's heart-health awareness, women's knowledge of heart attack warning signs is not sufficient, and nearly half of women report they would not call 9-1-1 if they were having heart attack symptoms.

Most women lacked knowledge of proven therapies for preventing cardiovascular disease and half of younger women ages 25-34 were unaware of heart disease as women's number one killer. Therefore in order to really tackle the high rates of heart disease among women, there must be better awareness among multicultural and younger women, increased education about what to look for in terms of warning signs of a heart attack, and more explanation about why it's important to call 9-1-1 if you experience heart attack symptoms.



We are still going to try to have an Aspiring Professionals Speak Off in March. I would like to ask that you all help me out by talking to the people in your offices and helping recruit these young professionals to compete in our speak off. To the right are some bullet points you can use to explain the positive contributions this program can make for them.

These are just a few of the wonderful things they could tap into, our organization also pays \$50 to the first place winner along with their dues for one year and their way to the Regional competition. If they were to win at the Regional competition, they would then advance to the State competition which is also free of charge to them. The competitors have to be under the age of 41, and have been employed or interned at least one full year in a full time in career path.

I would love to see our organization have a wonderful speak off this year. I know that we have the Aspiring Professionals in our community that could blow everyone else out of the water, so lets all get out there and recruit.

Thanks! Cathy Hughes

- Ability to hone speaking and speech writing skills
- Ability to hone interviewing skills through the interview process
- Ability to network with experienced professionals in their community
- Ability to expand their knowledge of the Business and Professional Women's organization
- Ability to obtain lifelong friendships and connections
- Mentor to help with speech and interviewing skills and guide them through the process

Calling All Aspiring Professionals!

Please contact me for topic information or if you need me to contact anyone for you to sing the praises of this wonderful program!
 Cell 270-791-3688
 or email highesj@bellsouth.net



BPW Legislative Awareness • Lobbying in Frankfort Thursday, February 17, 2011

Join us as we travel to Frankfort on Thursday, February 17, 2011.

This is your opportunity to learn more about the political process by attending a committee session, meeting with legislators, seeing debates on the House or Senate floor and possibly watching a vote in progress.

It's time to show legislators that women are watching their activities and that we are concerned about their decisions affecting women's issues.



Agenda for 2011 Legislative Day:

From 9:15 am – 10:30 am Room 338 we will meet with Representative Sannie Overly, she was elected in 2008 and she will discuss her experience of running for office and working in Frankfort.

- At 10:45 a.m., we'll see if we can attend a committee meeting depending on what is scheduled for that day.
- * Please contact your State Legislator and let them know you are in Frankfort and if possible set up a time to stop by their office to meet them.
- 12:30 p.m. - Lunch break.
- The Senate and House convene at 2:00 pm. We'll split up with some of us attending the Senate session and some going to the House session.

If anyone from Franklin BPW is interested in attending Legislative Day, the Louisville group is meeting up to carpool into Frankfort. Contact Jerilyn or Marsha for more details on the trip and how to RSVP.

Some things to know!

Gallery passes are REQUIRED to attend. You MUST RSVP no later than Monday, Feb. 14th so we'll have enough time to have passes for everyone who wants to attend.

You do not have to be present for the entire day. Some of you may want to come late or leave early. That is perfectly OK; just keep in mind that you may need to drive separately to meet your schedule.

Standing on the Power of Participation



Business and Professional Women's (BPW) Foundation is transforming workplaces with women and employers. Through its groundbreaking research and unique role as a convener of employers and employees, BPW Foundation strives to redefine today's workplace.

BPW Foundation encourages partnership to create successful workplaces. Successful Workplaces are those that embrace and practice diversity, equity and work-life balance.

THANK YOU!

BPW Members,

As a recipient of the non-traditional scholarship awarded in 2010, I wish to extend thanks to our local BPW members, review committee and those who donate or support the scholarships that are awarded to women each year. This award has allowed me to enroll in a class this semester and begin the (long, long) path toward my MFA.

Marsha Herndon

Down with Valentine's.

Up with you!

*Roses are red,
Violets are blue,
We could live without Feb. 14th
and we're guessing you could, too!*

But don't lament the state of your love life—celebrate it! Whatever your relationship status, there's plenty of news to love.

by Cathy Garrard

(reprinted from *Self*)



Love being single because ...

You stay slimmer. Women who live alone gained less weight (about 9 pounds over a five-year period) than newly married women, a study from the University of North Carolina at Chapel Hill notes. "Men have a higher calorie allowance, so if you have whatever he's having, you're going to gain weight," says Tara Brass, M.D., medical director of Columbus Park Collaborative.

ADVICE FOR ALL Shared meals and social obligations can wreck any woman's diet. Make sure you don't match every forkful with your man—just because he finishes his entire plate doesn't mean you have to. When dining out with friends, suggest that you both order something healthy, then split a dessert. Everybody wins!

You snooze more soundly. Sleeping solo has its perks: Two thirds of people who share a bed say their partner snores, costing some of them an average of 49 minutes of sleep per night, a National Sleep Foundation survey shows. "The noise created by snoring can be as loud as a kitchen blender," says Carol Ash, D.O. a sleep specialist in Janesburg, New Jersey. **ADVICE FOR ALL** Use a white noise machine for more peaceful slumber, Ash suggests, and avoid alcohol or caffeine for four hours before bedtime.

You have steamier sex. Single gals report fewer bedroom issues such as lack of interest, low arousal, anxiety about sex than married women, a study from University College London reveals. "Excitement over a new crush creates a surge in neurotransmitters that crank up your sex drive," Dr. Brass Says.

ADVICE FOR ALL As you grow more committed, novelty can keep your love life hot. "Try new positions and locations, role-playing and, yes, even toys, which have been linked to increasing your chance for orgasm," suggests Debby Herbenick, Ph. D., a research scientist at Indiana University.

You enjoy more me-time. Single women luxuriate in seven extra hours a week that married women spend doing chores, finds research from the University of Michigan at Ann Arbor. "Women increase their housework after marriage; men reduce theirs," says study author Frank Stafford, Ph.D. (Thanks, guys!)

ADVICE FOR ALL Leave the dishes in the sink, and reduce stress by taking a Zumba class or diving into a book.

Love being coupled because...

You're probably not hungover today. Married women are 20 percent less likely to binge-drink than back when they were single, a study from Northwestern University at Evanston, IL, indicates. Putting a ring on it may prompt women to put their wilder days behind them. And knowing your partner is watching may help you keep each other's vices in check. **ADVICE FOR ALL** "Drinking a moderate amount of alcohol can be good for you," Dr. Brass Says. But indulging too heavily may increase your risk for breast cancer. Stick to no more than one drink per day.

You catch the happiness bug. Women who live with a tend to brighten up when their partner is in a good mood, according to a study from the University of York. "Emotions are highly contagious, and so is happiness," explains study author Nick Powdthavee, Ph. D.

ADVICE FOR ALL The trickle down glee can come from anyone we know and like, Dr. Powdthavee says, so take a friend out after her promotion or send a note of congrats for a relative's new baby and bask in her joy, too.

You have better health care access. Single women are 60 percent more likely to lack health insurance than married women, a Centers for Disease Control survey suggests. "Having a spouse increases your odds that you will have employer sponsored coverage," says Mark Rukavina, executive director of the Access Project, a health research and advocacy organization.

ADVICE FOR ALL Visit Health Care.gov to search for the most affordable plans in your state and to find out how reform will improve your access.

You keep your brain young. Couples who marry or live together are half as likely to develop dementia later in life than those who live solo, a study in *BMJ* notes. Constant social interaction between partners (even bickering) may strengthen the connection between brain cells and prevent cognitive decline.

ADVICE FOR ALL Paired up or not, everyone can benefit from healthy social connectivity. "With stronger mental health, you'll fare better with any health hurdles that come your way," Dr. Brass adds, suggesting all women build connections by prioritizing church or charity as well as friendships.



**Franklin BPW Calendar
Winter 2011**

February

All Month Black History Month
 15th Deadline for state office nominations
 17th Monthly Meeting
 17th BPW Legislative Awareness-Lobby Day

March

All month Women's History Month
 2nd EC Meeting
 17th Monthly Meeting

Member Business Directory

Support Your Sisters!

TELEPHONE (270) 586-2525 FAX (270) 586-2560

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**Save your Pennies
for the Foundation!**



Piggy banks will be distributed at the February meeting, but it is not too early to start saving your change! I have started a jar on our entry table in which to toss our loose change at the end of the day. The BPW Foundation provides so many scholarships to so many deserving women each year. Be sure to support them!

The Kentucky Business and Professional Women's Foundation is a non-profit, charitable and educational foundation. The funds of Kentucky Foundation are separate from the money held by the Business and Professional Women of Kentucky Federation (KFBPW). The Foundation is governed by a nine-member Board of Trustees, appointed by the Kentucky Federation President with approval of the Executive Committee. Each term on the Board of Trustees is for three years. The board members rotate, with two or three members being replaced each year. Each board member is limited to serve only two consecutive terms. The Kentucky Federation President is a Board member for the year of her presidency.

The funding of the Kentucky Foundation is provided by: Members of Kentucky Federation Business and Professional Women Local organizations of KFBPW Memorials, annuities, and honorariums Business or other organizations