

Notes & News

June 2011
VOLUME 4, ISSUE 1

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Yeehaw, Y'all!

Well, this BPW year is off and running isn't it? We had a great crowd for the May meeting, during which the new officers for 2011-2012 were installed. I was thrilled to take office and to have Suzanne Forshee conduct our installation. She did a wonderful job.

I am happy to say that I was able to attend KFBPW State Conference to witness 3 of our local members installed as state officers, Suzanne as President, Cathy Hughes as her Exec. Assistant and Jerilyn Hippler as President Elect. What a proud moment for Franklin BPW to have 3 members on the State Executive Committee!

Speaking of proud moments, Franklin BPW is also home to an award winning newsletter! Notes&News was selected as winner of the Public Relations-Newsletter category by the judges of this state-wide competition. I am thrilled, along with the officers and members, to have had a part in that honor, and I look forward to designing and editing the newsletter for another year.

The executive committee will be meeting on Saturday, June 25th for a mini-retreat in which we will plan our local BPW year. It is my intention to have meeting places, programs, times and speakers set and ready to go so that everyone knows what to expect, and hopefully more members can plan to attend meetings. If you have a topic or speaker to recommend for a meeting, please let someone on the EC know so that we can do our best to accommodate your request.

Our June meeting will be a lunch-time meeting. We had so much success with doing this last spring that I have decided to try a couple more this year, perhaps alternating with the evening meetings. We will have the meeting at 12 Noon, Blewett Bradley Building on June 16th. Soup and sandwiches from Poppy's will be provided at the cost of \$7 per member. Please make plans to attend if you can and bring a guest! We always love seeing new faces.

Please always feel free to contact me with any questions or comments you might have concerning our club. I am here to serve for you!

Marsha

Gimme a Big

Yeehaw!

for our New Members!!!

Amy Willis
Mary Thomas Vincent
Tammie Brandstetter

Laura Smith
Leah Wood
Anna Gregory

2011-12 Franklin BPW Executive Committee

Marsha Herndon, President
marsha@marshaherndon.com

Helen Pearson, Vice-President
sthelen365@bellsouth.net

Pam Womack, Treasurer
pva1995@gmail.com

Laurie Cline, Secretary
clinecl@att.net

Cathy Hughes, Parliamentarian
hughesj@bellsouth.net

Amy Ellis, Exec. Assistant
aellis@franklinfavorite.com

Jerilyn Hippler, Immediate Past President
jerilyn.hippler@gmail.com

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

Sleep - A Good Way to Manage Your Appetite and Weight?



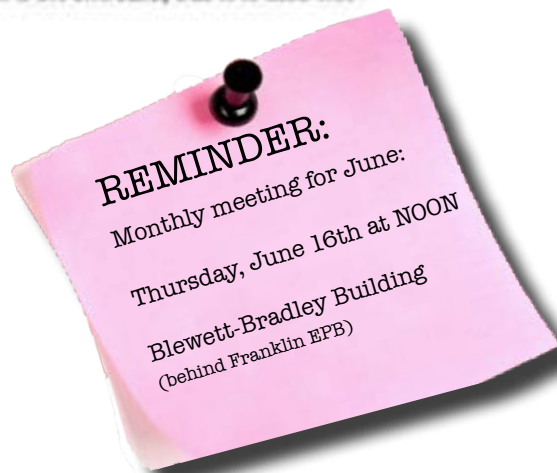
Did you know that losing sleep may increase your appetite and as a result your weight? Several studies have been published in recent years have looked at the relationship between sleep loss, weight and appetite and should serve as a guide for how we value sleep.

According to one study published in The American Journal of Clinical Nutrition this year, one night of reduced sleep subsequently increased food intake and, to a lesser extent, estimated physical activity-related energy expenditure in healthy men. These experimental results, if confirmed by long-term energy balance measurements, suggest that sleep restriction could be a factor that promotes obesity. The study observed two groups of men - half of which slept for 8 hours, while the other half got 4 hours of sleep, and found that the men who got less sleep consumed 22 percent more calories than those who slept for 8 hours. A University of Chicago study last year also arrived at similar conclusions when they included women in the study. Such sleep restriction may have been a bit extreme, but it is also not

altogether uncommon in our society and is a pattern deemed the "royal route to obesity" by Eve Van Cauter, PhD, who conducted the Chicago study.

Some researchers have found that hormone function is to be blamed for how short sleep duration affects our appetite and weight. Another study published by the National Center for Biotechnology Information found that feelings of hunger as well as plasma ghrelin levels are already elevated after one night of sleep deprivation, whereas morning serum leptin concentrations remain unaffected. The researchers explained that their results provide further evidence for a disturbing influence of sleep loss on endocrine regulation of energy homeostasis, which on the long run may result in weight gain and obesity.

Untreated sleep disorders can have the same effect as too little sleep. If you think you have a sleep disorder, talk with your physician.



Standing on the Power of Participation



Business and Professional Women/USA

Business and Professional Women's Foundation is transforming the workplace with women and employers. Our role is to convene employees and employers to create solutions that improve the workplace for today's workforce. The work of BPW Foundation focuses on two issues: Successful Workplaces and Empowered Workforce.

Successful Workplaces

PW Foundation began the Successful Workplaces Movement to collaborate with employers to transform and redefine today's workplace. It combines research, policy, resources and programming in order to create systemic change. Such change is necessary to build supportive and successful workplaces; and to break down the final barriers to the full participation of women in the workplace. Creating systemic, sustainable change requires the collaboration of employees, employers and policy makers.

Empowered Workforce

In order to create Successful Workplaces, the U.S. workforce must be productive, strong and skilled. To that end, the work of BPW Foundation supports workforce development. Specifically, BPW Foundation conducts research and produces programming that empowers the workforce.

BPW Foundation's research provides insight to employers and policy makers on the needs and challenges of key groups of working women with a variety of skills and educational attainment. BPW Foundation also provides programming to employers and employees in order to encourage discussion, improve productivity and create solutions, such as events, publications and online resources.

Congratulations! Kelly Bennett, MD



Kelly is a recent graduate of the University of Cincinnati Medical School. She is the daughter of BPW member Debbie Dewese and niece of Pam Womack. We know they are so proud!

2011 Scholarships Awarded

The scholarship committee met early in May to review scholarship applications. On 5/18 three members met to conduct personal interviews with the 7 finalists for this year's scholarships. The choice for finalists was made based on financial need, class ranking, and extra-curricular involvement.

On May 26th the scholarships were presented to this year's winners, chosen by committee chair Amy Ellis and members Marsha Herndon and Laurie Cline who were present for the interviews.

The recipients of the BPW Scholarships were Allie Walker & Hannah Cowan

The recipient of the BPW Loving Cup, chosen by school faculty, was Kali Duncan.

Congratulations to these young women!

ROUND UP MEMBERSHIP

FRANKLIN BPW
2011-2012



Huge thanks to all the members who attended our May meeting held at the Ag Building! We had a wonderful crowd with all in attendance enjoying the Round Up theme complete with bountiful food from Wildfire BBQ who really treated us right!

During the meeting new officers, pictured at right, were installed and awards were presented by outgoing President Jerilyn Hippler. Award winners were as follows:

Member of the Year:
Sharon Taylor Carillo

Chairperson of the Year:
Brownie Bennett & Marsha Herndon for their work with NBWW Activities

Officer of the Year:
Pam Womack

President's Award:
Marsha Herndon

Hall of Fame:
Sissy Johnson

We were happy to see faces of new members in the crowd as well as a couple husbands too. Geraniums from the high school greenhouse that were used as centerpieces were given as door prizes and 2 picnic themed baskets were given away to lucky winners.



Officers for 2011-2012 (L to R):
Amy Ellis, Exec. Assistant
Pam Womack, Treasurer
Marsha Herndon, President
Helen Pearson, Vice-President
Laurie Cline, Secretary
Cathy Hughes, Parliamentarian



Gavel Grab! Transfer of Presidency from Hippler to Herndon as installing officer Suzanne Forshee looks on.



Jerilyn Hippler with 2011 award recipients.
Missing: Sharon Taylor-Carillo



Helen Pearson and Brownie Bennett selected Sissy Johnson as this year's Hall of Fame recipient.



**Franklin BPW Calendar
Summer 2011**

June
17th **Local Meeting**
25th EC Meeting

July
1st Deadline for Kentucky Cardinal Ads
15th **Local Meeting**
30-31st Women's Professional Empowerment Alliance Celebration
Sponsored by the Illinois Federation of Business & Professional Women O'Fallon, Illinois

August
13th 29th Annual Garden Spot Run
19th **Local Meeting**

Member Business Directory

Support Your Sisters!

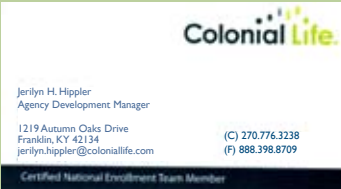
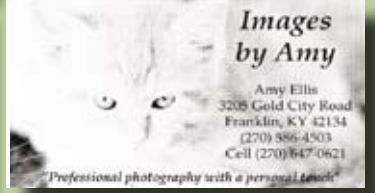
Now booking for parties in June!
Your guests receive 1 item at 50% off with an \$80 purchase.
YOU GET A.....

Marsha Herndon
Premier Designs Jeweler
270.776.4332

**FREE
SHOPPING
SPREE!**



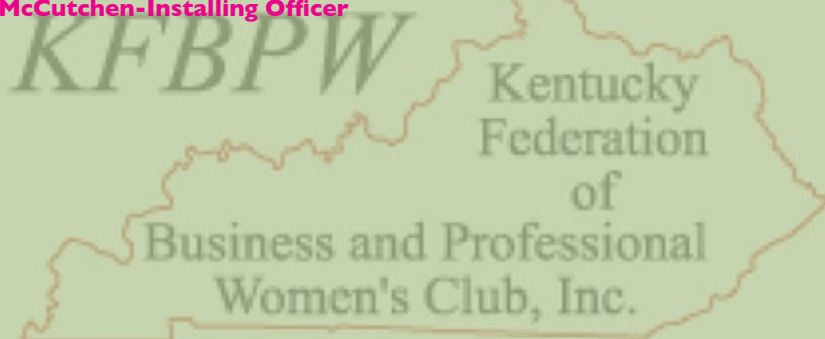
Need **AVON??**
Call: 615-319-6531
Sharon Taylor-Carrillo



BPW/KY 2011-12 Officers Installed



Patti Fallin-Parliamentarian, Diane Croney-Turner-Treasurer, Amanda Ishmael-Vice-President, Suzanne Forshee-President, Susan Campbell, Cathy Hughes-Exec. Assistant, Jerilyn Hippler-Pres.Elect, Katherine McCutchen-Installing Officer



Connections