

THE HOPPER



Volume 54

Hopkinsville Business and Professional Women's Club

PO Box 227
Hopkinsville, KY 42241



Issue 8

February 2018

President's Message

February is American Heart month, Black History month, and Valentine's Day on February 14th.

The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention; recognizing black history of Americans that you might not know; and sending gifts or flowers on February 14th for Valentine's Day.

In this issue you will notice some Heart Facts and some Black History inventors.

We have been out the last two months because of holidays and weather. If at all possible, try to attend the February meeting to support the speaker and program.

This issue is being dedicated to Ms. Anna Lee Lackman, who has been a member of the Hopkinsville Club for 30 years and was a member of the Katherine Peden Club from 1965-1988.

If you have pecan monies out, bring to meeting in an envelop and turn in to Lena Wann, Treasurer at the February 15th meeting.

Be sure to log your daily steps and volunteer hours.

Have a blessed month.

Diane Croney-Turner
Diane Croney-Turner
President

FEBRUARY MEETING

Thursday, February 15, 2018
5:30 p.m.

Pioneers' Memorial Complex

Pledge: Sue Mock

Collect: Mary Fletcher

Invocation: Diane Croney-Turner

Program: Foundation Committee

Speaker: Angie Gibbs, Accountant at
Hopkinsville Electric System

MENU:

Spaghetti with Meat Balls,
Salad, Garlic Bread,

Chocolate Cake, Coffee and Tea

2017-2018 Officers

President

Diane Croney-Turner

President-Elect

Dorothy Tolliver

Vice-President

Peggy Stricklin

Recording Secretary

Janice Cayce

Treasurer

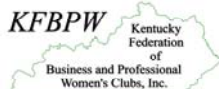
Lena Wann

Executive Assistant

Martha Marcum

Parliamentarian

Karen Hunter



Membership Committee

Anna Lee Lackman—Chair

Please remember the following members and their family in your thoughts and prayers.

Naomi Brashears

Rita Brown

Butch & Karen Hunter

Sue & Don Mock

Sue Mock sisters, Nell Fowler & Lou Butts

Glynn Ward

Jewell Long

Paula Knight

Karen Drennan's father, Richard Burnett

Gertrude Bullock's husband Wilson Bullock

Lena Wann who had knee surgery

Karen Lamb in the death of her aunt, Ethel Mae Poe

Diane Croney-Turner in the death of her great aunt,

Willie Croney



If you know of a member or their family who is ill and in need of our prayers, please contact Diane Croney-Turner or Anna Lee Lackman.

Congratulations: Save the date for the wedding of Karen Lamb and David Kreil on September 29, 2018 in Oak Grove, KY

Telephone Committee



Martha Marcum – Chair

If you need a reservation and have not been called by the Sunday before the meeting, call your caller or Martha at 270-719-9371. If a member makes a reservation and fail to attend or cancel with Martha by noon Monday prior to the meeting, you will be responsible for paying for the meal if the club incurs an expense for the meal.

Guests



We are allowed guests each month for prospective members. The cost of their meal will be paid by the club. If you have a potential member, please contact Telephone chair, Martha Marcum, so arrangements can be made.

2017 – 2018 Members

Ann Boseman

Diane Boyd

Jamie Boyd

Naomi Brashears

Rita Brown

Gertrude Bullock

Janice Cayce

Diane Croney-Turner

Karen Drennan

Debbie Dunn

Etta Walker Flegle

Mary Fletcher

Karen Hunter

Paula Knight

Anna Lee Lackman

Karen Lamb

Jewell Long

Martha Marcum

Willedean Meriwether

Sue Mock

Carolyn Price

Frances Quarles

Ana Sanchez

Tamara Standard

Peggy Stricklin

Dorothy Tolliver

Jean Tuitele

Lena Wann

Glynn Ward

Total 29

BIRTHDAY

December

Frances Quarles.....5th

Tamara Standard.....16th

Willedean Meriwether.....19th

Ana Sanchez.....20th

Janice Cayce.....31st

January

Gertrude Bullock.....1st

Jean Tuitele.....25th

Carolyn Price.....26th

February

Jewell Long.....27th



Anna Lee Lackman

Ms. Anna Lee was a member of the Katherine Peden BPW Club from 1965– 1988. She joined the Hopkinsville Club in 1988.



Ms. Anna Lee wore many hats in BPW from serving as President in three times in the Katherine Peden Club and Hopkinsville BPW in 2016-2017, Woman of the Year in 2000 served in all officers and committee chairs. Ms. Anna Lee participated in all BPW activities across the years, from selling pecans, to participating in the American Heart Walks and Relay for Life.

Ms. Anna Lee retired after working 52 1/2 years for Randolph Hale Electronics in the finance department. She has been a member of Second Baptist Church for 65 years and presently she sings in the Young At Heart Choir, serves as Sunday School secretary for the Faithful Friendship Class, and is President of the Women On Missions Group. Several years ago, Ms. Anna Lee served as Chair of the local Red Cross Christian County chapter.

Ms. Anna Lee is enjoying her retirement. She enjoys reading and exercising.



Jewell showing off her Mardi Gras 2017 outfit



Jewell showing her daughter a Thanksgiving card she received



Jewell reading the Hopper

Pictures by Jewell's daughter, Alice

Happy Birthday



Jewell - Happy 95th Birthday on February 27th . We all love you and wish you a blessed day

KFBPW Lobby Day in Frankfort, KY

Tuesday, February 6, 2018



KFBPW Members visit Frankfort, KY for Lobby Day

Mimi Becker - President Elect, Heritage; Diane Croney-Turner - President, Hopkinsville; Meryl Ward, Middlesboro; Sharon Taylor-Carrillo, Franklin; Kim Fritz, Springfield; Sherita Jones - Legislation/Issues Management Co-Chair, Franklin; & Alice Bailey, Franklin



Diane pictured with Lieutenant Governor Jenean Hampton



After visiting and discussion on some issues, KFBPW member took a picture with Lieutenant Governor Jenean Hampton



Before tour of the Capital, KFBPW members standing on front steps of capital for a photo with State Representative Wilson Stone from Bowling Green, KY

Hopkinsville Business & Professional Women's Club
Thursday, February 15, 2018
Regular Meeting
Agenda
5:30 p.m.

1. Call Meeting To Order
2. Welcome
3. Pledge - Sue Mock
4. Collect - Mary Fletcher
5. Minutes - November 16, 2017 (Received in December Hopper)
6. Treasurer's Report
7. Correspondences
8. Unfinished Business
 - A. Get Stepping KFBPW
 - B. Volunteer recording sheet
 - C. Pecans
 - D. Other
9. New Business
 - A. Regional Meeting
 - B. Nominating Committee
 - C. Jeffers Bend Environmental Center
10. Committees
 - A. Membership
 1. Birthdays
 2. Happy Dollar
 3. Other
 - B. Other
11. Invocation - Diane Croney-Turner
12. Meal
13. Program - Foundation Committee
14. Other
15. Adjourn

Board Meeting
Agenda

- | | |
|--|--|
| <ol style="list-style-type: none">1. Call Meeting To Order2. March Meeting<ol style="list-style-type: none">A. PledgeB. CollectC. InvocationD. MenuE. Program | <ol style="list-style-type: none">3. Unfinished Business4. New Business5. Adjourn - Emblem Benediction |
|--|--|

Announcements & Dates to Remember

- February - Black History Month
- February 2nd - National Wear Red Day for Women's Heart Disease Awareness
- February 6th - KFBPW Lobby Day, Frankfort, KY
- February 14th - Valentine's Day
- February 15th - Regular Meeting - 5:30 p.m. Pioneers' Memorial Complex
Board Meeting following Regular Meeting
- February 15th - Deadline for KFBPW State Office Nominations
- February 15th - Deadline to have Regional Meeting Registrations forms sent to locals
- February 17th - Black History Trivia Bowl, 7:30 a.m. Hopkinsville Middle School
- February 17th - Fisk Jubilee Singers, 7:30 p.m. Alhambra Theater
- February 18th - Focus 21st Century Art Show, 2 - 4 p.m. Pioneers' Memorial Complex
- February 24th - United in Praise II, 7:00 p.m. Alhambra Theater

- March 1st - 31st - KFBPW Kentucky Professional Women's Month
- March 2nd - Trivia Night (Dyslexia Association), 7:00 p.m. 803 S. Main St.
- March 11th - Daylight Saving Time Begins
- March 15th - Kentucky Cardinal deadline (Printed Issue)
- March 15th - Regular Meeting - 5:30 p.m. Pioneers' Memorial Complex
Board Meeting following Regular Meeting
- March 16th - 18th - Edgar Cayce Hometown Seminar
- March 17th - St. Patrick's Day
- March 17th - West Region Meeting, Madisonville, KY - hosted by Hopkins County BPW
- March 20th - Spring Begins
- March 23rd - 24th - Hopkinsville International Festival, James E. Bruce Convention Center
- March 25th - Palm Sunday
- March 30th - Good Friday
- March 31st - WHOP'er Egg Hunt at Tie Breaker Park, 11:00 a.m.

- April 1st - Easter Sunday
- April 10th - Equal Pay Day
- April 19th - Regular Meeting - 5:30 p.m. Pioneers' Memorial Complex
Board Meeting following Regular Meeting
- April 22nd - Earth Day
- April 30th - KBPW Foundation Scholarship Application deadline

KFBPW Website - www.bpw-ky.org





Women and Heart Disease Fact Sheet

www.womensheart.org

Prevalence:

- Worldwide, 8.6 million women die from heart disease each year, accounting for a third of all deaths in women. Three million women die from stroke each year. Stroke accounts for more deaths among women than men (11% vs 8.4%) with additional risk for CHD unique to women related to oral contraceptive use in combination with smoking.
- 8 million women in the US are currently living with heart disease; 35,000 are under the age of 65. Four million suffer from angina.
- 435,000 American women have heart attacks annually; 83,000 are under the age of 65 with the average age of 70.4 years.
- 42% of women who have heart attacks die within 1 year, compared to 24% of men.
- Under age 50, women's heart attacks are twice as likely as men's to be fatal.
- 267,000 women die each year from heart attacks, which kill six times as many women as breast cancer. Another 31, 837 women die each year of congestive heart failure, representing 62.6% of all heart failure deaths.

At-Risk:

- 71% of women experience early warning signs of heart attack with sudden onset of extreme weakness that feels like the flu.
- Nearly two-thirds of the deaths from heart attacks in women occur among those who have no history of chest pain.
- Women who smoke risk having a heart attack 19 years earlier than non-smoking women.
- Women with hypertension experience a risk of developing coronary heart disease 3.5 times that of females with normal blood pressure. High blood pressure is more common in women taking oral contraceptives, especially in obese women.
- Women with diabetes have more than double the risk of heart attack than non-diabetic women. Diabetes doubles the risk of a second heart attack in women but not in men.
- 23% of white women, 38% of black women, and 36% Mexican American women are obese. Obesity leads to an increased risk of premature death due to cardiovascular problems like hypertension, stroke and coronary artery disease.
- The age-adjusted rate of heart disease for African American women is 72% higher than for white women. African American women ages 55-64 are twice as likely as white women to have a heart attack and 35% more likely to suffer CAD.
- Marital stress worsens the prognosis in women with heart disease.

Compared to Men:

- Men's plaque distributes in clumps whereas women's distributes evenly throughout artery walls. This results in women's angiographic studies being misinterpreted as "normal".
- Women wait longer than men to go to an emergency room when having a heart attack and physicians are slower to recognize the presence of heart attacks in women because "characteristic" patterns of chest pain and EKG changes are less frequently present.
- After heart attack, women are less likely than men to receive beta blockers, ACE inhibitors and aspirin - therapies known to improve survival. This contributes to a higher rate of complications after heart attacks in women, even after adjusting for age.
- Women are twice as likely as men to die within the first few weeks after suffering a heart attack; 38% of women and 25% of men will die within one year of a first recognized heart attack.
- 46% of women and 22% of men heart attack survivors will be disabled with heart failure within six years.
- Women are two to three times as likely to die following heart bypass surgery. Younger aged women between the ages of 40-59 are up to 4 times more likely to die from heart bypass surgery than men the same age.
- Studies show women who are eligible candidates for life-saving clot-buster drugs are far less likely than men to receive them.
- Since 1984, more women than men have died each year from heart disease each year, and the gap between men and women's survival continues to widen.
- Women receive fewer heart disease procedures than men, however, more is not necessarily better in this setting and the best course of treatment for a woman with heart disease has yet to be established.
- Women's hearts respond better than men's to healthy lifestyle changes, yet 2% of the NIH budget is dedicated to prevention.
- Women comprise of only 24% of participants in all heart-related studies



BLACK INVENTORS AND INVENTIONS

"Only when lions have historians will hunters cease being heroes." ~ African Proverb

Inventor Links: Black Inventors the African American Invention Express

Product =====	Inventor =====	Date =====
air conditioning unit	Frederick M. Jones	July 12, 1949
almanac	Benjamin Banneker	Approx 1791
auto cut-off switch	Granville T. Woods	January 1, 1839
auto fishing devise	G. Cook	May 30, 1899
automatic gear shift	Richard Spikes	February 28, 1932
baby buggy	W.H. Richardson	June 18, 1899
bicycle frame	L.R. Johnson	October 10, 1899
biscuit cutter	A.P. Ashbourne	November 30, 1875
blood plasma bag	Charles Drew	Approx. 1945
cellular phone	Henry T. Sampson	July 6, 1971
chamber commode	T. Elkins	January 3, 1897
clothes dryer	G. T. Sampson	June 6, 1862
curtain rod	S. R. Scratton	November 30, 1889
curtain rod support	William S. Grant	August 4, 1896
door knob	O. Dorsey	December 10, 1878
door stop	O. Dorsey	December 10, 1878
dust pan	Lawrence P. Ray	August 3, 1897
egg beater	Willie Johnson	February 5, 1884
electric lampbulb	Lewis Latimer	March 21, 1882
elevator	Alexander Miles	October 11, 1867
eye protector	P. Johnson	November 2, 1880
fire escape ladder	J. W. Winters	May 7, 1878
fire extinguisher	T. Marshall	October 26, 1872
folding bed	L. C. Bailey	July 18, 1899
folding chair	Brody & Surgwar	June 11, 1889
fountain pen	W. B. Purvis	January 7, 1890
furniture caster	O. A. Fisher	1878
gas mask	Garrett Morgan	October 13, 1914
golf tee	T. Grant	December 12, 1899
guitar	Robert F. Flemming, Jr.	March 3, 1886
hair brush	Lydia O. Newman	November 15, 18--
hand stamp	Walter B. Purvis	February 27 1883
horse shoe	J. Ricks	March 30, 1885
ice cream scooper	A. L. Cralle	February 2, 1897
improv. sugar making	Norbet Rillieux	December 10, 1846
insect-destroyer gun	A. C. Richard	February 28, 1899
ironing board	Sarah Boone	December 30, 1887
key chain	F. J. Loudin	January 9, 1894
lantern	Michael C. Harvey	August 19, 1884
lawn mower	L. A. Burr	May 19, 1889
lawn sprinkler	J. W. Smith	May 4, 1897
lemon squeezer	J. Thomas White	December 8, 1893
lock	W. A. Martin	July 23, 18--
lubricating cup	Ellijah McCoy	November 15, 1895

BLACK INVENTORS AND INVENTIONS

lunch pail	James Robinson	1887
mail box	Paul L. Downing	October 27, 1891
mop	Thomas W. Stewart	June 11, 1893
motor	Frederick M. Jones	June 27, 1939
peanut butter	George Washington Carver	1896
pencil sharpener	J. L. Love	November 23, 1897
phone transmitter	Granville T. Woods	December 2, 1884
record player arm	Joseph Hunger Dickenson	January 8, 1819
refrigerator	J. Standard	June 14, 1891
riding saddles	W. D. Davis	October 6, 1895
rolling pin	John W. Reed	1864
shampoo headrest	C. O. Bailiff	October 11, 1898
spark plug	Edmond Berger	February 2, 1839
stethoscope	Imhotep	Ancient Egypt
stove	T. A. Carrington	July 25, 1876
straightening comb	Madam C. J. Walker	Approx 1905
street sweeper	Charles B. Brooks	March 17, 1890
thermostat control	Frederick M. Jones	February 23, 1960
traffic light	Garrett Morgan	November 20, 1923
tricycle	M. A. Cherry	May 6, 1886
typewriter	Burridge & Marshman	April 7, 1885

Songs of Freedom

The seemingly innocent spirituals, as the slave songs came to be known, were more than simple hymns of endurance and a belief in a better afterlife. As sung by slaves and their descendants, the spirituals allowed the slaves to communicate secret messages and information to each other about the Underground Railroad.

The spirituals and their lyrics were part of a sophisticated system that involved no incriminating evidence for plantation owners or overseers to find. Codes imbedded in the spirituals instructed slaves as to when, how and where to escape. They also included warning signals, such as the message of "Wade in the Water", informing slaves to travel along the riverbank so the dogs giving chase would be thrown off their scent.

Most slaves could not read or write; in fact, it was against the law to teach slaves to read or write. The spirituals provided a means of verbal, coded communication understood only by those in the Underground Railroad. Outsiders generally interpreted the spirituals on a literal level, while slaves knew the meaning of the messages hidden within the words and phrases. Through the words, the refrains, the "call and response" method of singing, and the rhythmic sounds produced by dancing feet, slaves could decipher these hidden meanings.

Songs were a part of the slaves' daily lives and were a survival tactic as well as a means of coded communication. Field slaves sang while they worked so the plantation overseer knew where they were, and could make sure that they were working.

As with the quilt patterns, spirituals were passed on from location to location.

Songs of Freedom Continue

The coming of the railroad train opened up a faster means of transportation for fleeing slaves, and created a whole new spiritual vocabulary. The word “chariot” was replaced by the word “train” and other phrases relevant to rail transportation. One example is the spiritual, “The Gospel Train’s a Comin’”. The Gospel Train quickly became a code name for the Underground Railroad. When slaves heard this song being sung, they knew that either a conductor was among them, or that fleeing slaves were close by, along with an opportunity to escape.

The spiritual, “This Train is Bound for Glory”, was connected to the Underground Railroad, too, with “glory” meaning freedom. Extra caution was required when singing the train songs, however, as they were easier to interpret by outsiders than the traditional spirituals with their biblical references.

The Ballad of the Underground Railroad

By Charles L. Blockson

This song is not a spiritual, but tells the story of the Underground Railroad through music. As the song traces the slaves’ flight to freedom, it refers to the spirituals the slaves used to communicate information on the Underground Railroad to each other. There are references to “Wade in the Water” and “Follow the Drinking Gourd”, with its emphasis on following the North Star.

Steal Away

This spiritual was sung by Nat Turner as a signal. Nat, a slave from Virginia who organized a slave revolt against slave owners, used this song to alert other slaves to meetings. After the failed revolt and Nat’s death, slaves everywhere were forbidden to speak his name. It was, however, worked into the lyrics of another slave song.

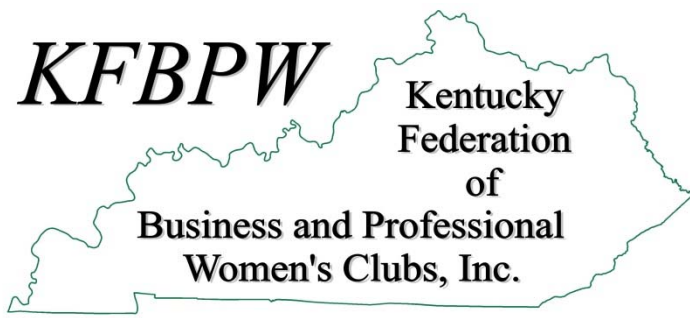
Wade In the Water

Harriet Tubman sang this spiritual as a warning to runaway slaves. To escaping slaves, the song told them to abandon the path and move into the water. By traveling along the water’s edge or across a body of water, the slaves would throw chasing dogs and their keepers off the scent.

The Gospel Train's A'Comin'

Slaves sang the spiritual, **The Gospel train’s a’comin’**, to alert other slaves that a group was preparing to escape and travel north to freedom. “Gospel Train” was code for the Underground Railroad.

Plantation owners would be unaware their slaves were planning to escape; slave songs were part of the day’s routine. A plantation owner would simply hear the religious and Biblical references and assume the slaves were singing for spiritual reasons.



2018 West Region Spring Meeting

Saturday, March 17, 2018

9:00 a.m. - 2:00 p.m.

Registration - 9:00 am - 9:30 am

Meeting - 9:30 am - 2:00 pm

Advance Registration \$20.00
(includes a Continental Breakfast & Lunch)

Registration Day of Event \$30.00

Enclosed \$_____ per registration

Catering and Creations
3295 North Main
Madisonville, KY 42431

Hosted by: Hopkins County BPW

Check all that apply (your classification)

- | | |
|---|---|
| <input type="checkbox"/> Local Organization President | <input type="checkbox"/> Member |
| <input type="checkbox"/> Regional Officer | <input type="checkbox"/> KFBPW Executive Committee |
| <input type="checkbox"/> KFBPW Standing/Special Committee Chair | <input type="checkbox"/> KFBPW Past State President |
| <input type="checkbox"/> Aspiring Professional Candidate | <input type="checkbox"/> Professional Development Candidate |

Name _____

Address _____

City/State/Zip _____

Work Phone () _____ Home () _____

Email: _____

Local Organization _____

New Member Yes _____ No _____ First Time Attendee Yes _____ No _____

Make check payable to KFBPW West Region
Mail with registration by February 28, 2018:
Diane Croney-Turner
26 Harton Place
Hopkinsville, KY 42240
No refunds will be given after March 3, 2018
Questions – call Diane Croney-Turner at (270) 881-0265