

THE HOPPER



Volume 55

Hopkinsville Business and Professional Women's Club

PO Box 227
Hopkinsville, KY 42241



Issue 8

February 2019

President's Message

On a sad note, Jewell Long, our oldest member at age 95, passed away on February 5th at 9:00 p.m. Keep her family in your prayers.

Ladies, our speaker will speak at 5:35 p.m. as he has to be at City Council by 6:00 p.m. for a meeting. For this reason, we will take up money for the meals after the invocation. Requesting everyone to try and arrive early to greet our speaker.

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 American's that you may not know; and sending gifts or flowers on February 14th for Valentine's Day.

This issue has some Heart Facts and some Black History inventors.

The Chair would like to challenge all members to try and bring a prospective member to the February meeting.

This issue is being dedicated to Ms. Dorothy Tolliver, who has been a member of the Hopkinsville Club for 23 years.

Hopkinsville will be the host for the West Region on March 16th. We will discuss job duties at the February meeting.

Have a safe and blessed month.

See everyone on Thursday, February 21st at the meeting.

Be sure to log your daily steps and volunteer hours.

Diane Croney-Turner
President

FEBRUARY MEETING

February 21, 2019

5:30 p.m.

Pioneers' Memorial Complex

Pledge: Martha Marcum

Collect: Jean Tuitele

Invocation: Ann Boseman

Program: Foundation Committee

Speaker: Freddie Montgomery,
Hopkinsville Fire Chief/
EMS Director

MENU:

Meat Loaf, Cabbage,
Mash Potatoes, Cornbread,
Dessert,
Coffee and Tea

2018-2019 Officers

President

Diane Croney-Turner

President-Elect

Dorothy Tolliver

Vice-President

Peggy Stricklin

Recording Secretary

Mary Fletcher

Treasurer

Karen Hunter

Executive Assistant

Ann Boseman

Parliamentarian

Lena Wann



Membership Committee

Anna Lee Lackman—Chair

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

Naomi Brashears

Butch & Karen Hunter

Sue & Don Mock

Sue Mock sister's, Nell Fowler

Glynn Ward

Karen Drennan's father, Richard Burnett

Peggy Stricklin's mother, Mabel Crabtree

Jewell Long passed away on February 5th.

Dorothy Cochran passed away on February 10th. She had served as president - 1995-1996 .



Be in prayer for Jewell Long and Dot Cochran Families.

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.

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.



You're Invited!

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.

Foundation

February is the month we celebrate the Foundation of the club and also make donation to the KBPW Foundation. If any member would like to make a donation, you can bring a check made payable to KBPW Foundation Promise Campaign. We can make the checks along with the club check. Any donation is appreciated.

2018 – 2019 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

Karen Kreil

Anna Lee Lackman

Jewell Long

Martha Marcum

Sue Mock

Lori Morris

Robin O'Hare

Carolyn Price

Frances Quarles

Ana Sanchez

Tamara Standard

Peggy Stricklin

Dorothy Tolliver

Jean Tuitele

Lena Wann

Glynn Ward

Total 30

Jewell Long - 95 years of age



“And then I heard the angel say, ‘She’s with you every day.’” Author Unknown

**Jewell has received her angel wings.
She has gone to be with the Lord.**

Dorothy Tolliver



Mrs. Dorothy Tolliver joined the Hopkinsville Club in November 1996.

Mrs. Tolliver has worn many hats in BPW from serving as President 2010-2012. She has served in many other capacities and presently President Elect. Ms. Tolliver attends the KFBPW State Meeting and is often called on to serve as a judge for the Aspiring Professional speak-off. She was also Hopkinsville BPW 2012 Woman of the Year.



She has participated in all BPW activities across the year, from selling pecans, to participating in the American Heart Walk, Relay for Life, fun night, and helping make projects.

Ms. Tolliver worked at Logan County Hospital for five years before employment at Jennie Stuart Medical Center, where she retired after 45 years of service as a Medical Lab Technician.

She is the oldest of two children, to the parents of the late William and Precious Woodard Abshire. Her baby sister is Josephine Furlow, who lives in Detroit, MI .

Ms. Tolliver was married to the late Ellis James Tolliver for 40 years before his death in 2005. To this union they had two children, Janet (Phillip) Hopson and Kenneth Wade Tolliver. She has five grandchildren.

She is a graduate of Olmstead High School, Jennie Stuart Medical Center Lab School, and Hopkinsville Community College with a Certification in Early Childhood Education. She is graduate of Focus 21st Century Minority Leadership Program.

Ms. Tolliver taught Phlebotomy at Hopkinsville Community College from 2003 to 2007. She was Hematology supervisory at Jennie Stuart for four years. She served as one of the server through the Homemaker's Club at the Hopkinsville Community College grand opening in 1965.

Presently, she is President of Knot Just Quilters, member of National Society of Leadership Success at Hopkinsville Community College, member of Focus 21st Century Board, and Fairview Homemakers. She was 4-H Assistant Leader for 25 years, served on the Extension Board for five years, and St. Luke Free Clinic for 13 years and on the board for 7 years, and secretary for National Association of Medical Laboratory Technician for three years. She also volunteers at Jeffers Bend Environmental Center helping with Take Kids Fishing, Christmas at the Bend, and volunteer at Museums of Historic Hopkinsville Christian Co. for the Polar Express and Quilting exhibit.

She is a member of Silver Star Baptist Church where she serves as a member of the choir, assistant secretary and teacher for Sunday School, and member of Kitchen Committee.

Some of her hobbies are quilting, sewing, traveling, cooking, dancing on stage at the Alhambra Theatre with the Coaster from New City on Saturday, February 2, 2019. (She was great and knew the word to the song.)



Some of Dorothy Tolliver's Family & Friends

2018-2019 Officers

Diane Crony-Turner – President
 Dorothy Tolliver – President Elect
 Peggy Stricklin – Vice President
 Mary Fletcher – Recording Secretary
 Karen Hunter – Treasurer
 Ann Boseman – Executive Assistant
 Lena Wann - Parliamentarian

Standing Committee Chairs

Dorothy Tolliver –Issues Management/Legislation
 Karen Lamb – Finance
 Janice Cayce - Foundation
 Anna Lee Lackman – Membership
 Dorothy Tolliver -Public Relations
 Lena Wann – By-Laws

Non-Standing Committee Chairs

Sue Mock & Rita Brown – Social
 Martha Marcum - Telephone
 Peggy Stricklin – KPBWW
 Karen Drennan – Scholarship
 Anna Lee Lackman – Past Presidents
 Gertrude Bullock – Health Issues
 Lena Wann – Kentucky Cardinal
 Diane Crony-Turner, Mary Fletcher, Karen Hunter-
 The Hopper



January 17, 2019 Meeting



December and January Birthday's members Gertrude Bullock - January; Janice Cayce - December, recognized by Anna Lee Lackman, Membership Chair

Members were glad to be out after missing November and December meetings. Having a good time fellowshiping with one another



Dr. David Kabithe, MD General Surgery Specialist, Western KY Surgical Associates talked to the members about health issues dealing with diabetes that lead to other health issues. He also encouraged the members to get active in getting some kind of exercise everyday.



Hopkinsville Business & Professional Women's Club
Thursday, February 21, 2019
Regular Meeting
Agenda
5:30 p.m.

1. Call Meeting To Order
2. Welcome
3. Pledge - Martha Marcum
4. Collect - Jean Tuitele
5. Foundation Committee -Freddie Montgomery, Hopkinsville Fire Chief/EMS Director
6. Invocation - Ann Boseman
7. Minutes - January 17, 2019 - Mary Fletcher
8. Treasurer's Report - Karen Hunter
9. Correspondences - Ann Boseman
10. Unfinished Business
 - A. KFBPW Steps
 - B. Volunteer Hours
 - C. Pecans - Thanks to the Organizations and Banks
 - D. Other
9. New Business
 - A. West Region Meeting - Saturday, March 16, 2019
 - B. Nominating Committee
 - C. Other
10. Committees
 - A. Membership - Anna Lee Lackman
 1. Birthday - February
 2. Happy Dollar
 - B. Other
14. Adjourn

Board Meeting
Agenda

1. Call Meeting To Order
2. March- Past Presidents
 - A. Pledge
 - B. Collect
 - C. Invocation
 - D. Menu
 - E. Program
3. Unfinished Business
4. New Business
5. Adjourn - Emblem Benediction

Hopkinsville Business & Professional Women's Club
January 17, 2019
Pioneer's Memorial Complex
5:30pm

The meeting was called to order by President Diane Croney-Turner.

Minutes of the October 18, 2018 meeting were approved as written.

Treasurer reported total assets of \$ 5,426.65 with 30 members.

Unfinished business:

Reminder of KFBPW Steps and Volunteer Hours and report on pecans.

New Business:

Motion made and seconded that the club support Diane Croney-Turner for 2019-2020 State Treasurer.
Motion carried.

Motion made and seconded to approve expenditures of an additional \$56.50 for Interim Board making total cost \$556.50. Motion carried.

Motion made and seconded to purchase a box of candy and thank you card for bank and business that sold pecans. Motion carried

Membership: Had 3 guest.

Program: Dr. David Kabithe, MD, General Surgery Specialist at Western KY Surgical Associates.

Adjourn:

Board Meeting:

Unfinished business and New business: None

February - Foundation Committee;

Pledge-Martha Marcum

Collect- Jean Tuitele

Invocation- Ann Boseman

Speaker- Freddie Montgomery, Hopkinsville Fire Chief

Menu:

Meat Loaf
Corn Bread
Vegetables

Adjourn- Emblem Benediction

Mary Fletcher, Recording Secretary

Announcements & Dates to Remember

- February - Black History Month
- February 1st - National Wear Red Day for Women's Heart Disease Awareness
- February 5th - The Museums of Historic Hopkinsville-Christian Co. with Hopkinsville Fire Department Children's story hour at 10:30 a.m. Woody Winfree Fire-Transportation Museum
- February 15th - Deadline for state office nominations - Submit to Nominations Chair
- February 15th - Deadline to have Regional Meeting Registration forms sent to locals
- February 16th - 28th Black History Trivia Bowl all day, Hopkinsville Community College (need volunteers) call (270) 887-4010 Human Relations Office
- February 21st - Regular Meeting - 5:30 p.m. Pioneers' Memorial Complex (Foundation Committee)
- Board Meeting following Regular Meeting
- February 23rd - 25th Annual African American Heritage Breakfast 8:00 a.m. - Convention Center cost \$20 call (270) 305-6204
- February 23rd - III United in Praise - 7:00 p.m. Alhambra cost \$10.00 (Music of all worship styles)
- March - Women's History Month
- March 5th - The Museums of Historic Hopkinsville-Christian Co. with Hopkinsville Fire Department Children's story hour at 10:30 a.m. Woody Winfree Fire-Transportation Museum
- March 15th - Kentucky Cardinal deadline (Printed Issue)
- March 16th - West Region Meeting, Hopkinsville, KY
- March 21st - Regular Meeting - 5:30 p.m. Pioneers' Memorial Complex (Past President's Committee)
- Board Meeting following Regular Meeting
- March 22nd - 23rd - Hopkinsville International Festival, Hopkinsville Sportsplex
- March 22nd - 22th - Museums of Hopkinsville/Christian Edgar Cayce Hometown Seminar at Pennyriple Forest State Resort Park
- April - Autism Awareness Month
- April 2nd - Equal Pay Day
- April 2nd - The Museums of Historic Hopkinsville-Christian Co. with Hopkinsville Fire Department Children's story hour at 10:30 a.m. Woody Winfree Fire-Transportation Museum
- April 18th - Regular Meeting - 5:30 p.m. Pioneers' Memorial Complex (Finance Committee)
- Board Meeting following Regular Meeting
- April 21st - Easter Sunday
- April 30th - KBPW Foundation Scholarship Application deadline
- April 30th - Contributions due to Foundation Chair for awards recognition

Happy
Valentine's
Day

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	Burrige & 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.

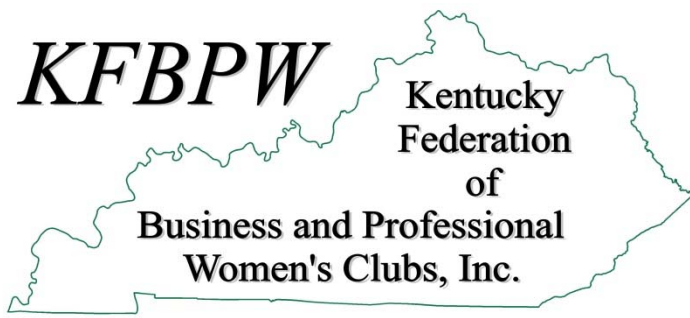
Wade In the Water

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.



2019 West Region Spring Meeting

Saturday, March 16, 2019

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

Registration - 9:00 am - 9:30 am

Meeting - 9:30 am - 2:00 pm

Advance Registration \$25.00
(includes a Continental Breakfast & Lunch)

Registration Day of Event \$30.00

Enclosed \$_____ per registration

Pioneers' Incorporated
904A North Main Street
Hopkinsville, Kentucky 42240

Hosted by: Hopkinsville 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 form by March 3, 2019:
Diane Croney-Turner
26 Harton Place
Hopkinsville, KY 42240
No refunds will be given after March 3, 2019
Questions – call Diane Croney-Turner at (270) 881-0265



Hopkinsville BPW
PO Box 227
Hopkinsville, KY 42241-0227