

The Uptown News Beat

Edited by Mona Bethany - mona@tbobamthor.com

www.midlandbpw.com

December 2007

Letter from our President:

Merry Christmas to everyone, I know it is early December, but in the event we don't have a chance to see each other I wanted to send my wishes to you all.

The year is quickly winding down and 2008 will be ushered in soon. Does anyone besides me feel the years are flying by at a very fast rate?

Our December Program will be our annual Christmas gathering to raise money for M. D. Anderson. This year we will have auctioneer, Ron Hanaway helping us with this very fun and exciting event. We will also have another special guest joining us. She is one of M.D. Anderson's featured artists and her name is Carrington Marzett. She is a junior at Midland Lee High School, and a member of the Young Philanthropy Group. Carrington was recently awarded the Young Philanthropist of the Year. There will be several of her art pieces up for auction at this event. Carrington's pieces will be on display but if you would bring a gift wrapped to the theme of "Let it Snow", we can have our usual bidding on the wrapping! This is one of our very favorite fund raisers and it is always a lot of food and fun. So bring guest who might enjoy the festivities and see how much fun we have as an organization.

Another community minded event we are proud to do during the month of December is the Christmas Party for High Sky Children's Ranch. The event chair, Stacy Nelson has been in contact

High Sky and we have our family who has 6 children this year. So be looking for more information in the coming days.

So as you can see we have a very busy month ahead of us. In all of our hustle and bustle may we each take a moment to reflect on this past year and remember who brought us to this point? I hope to see each of you and to meet new people as we move into the New Year.

Building Powerful Women,

Sheila Warren

Uptown 2007-2008 President



Glenda Knox, Woman of the year chair and our own Patti Humphrey 2007-2008 Woman of the year

2007 Woman to Watch

On October 17, 2007 we had one of the most successful National Business Women's Week events to date. Vicki Jay was honored as our Woman to Watch for 2007-2008. The event was held in the Petroleum Club with approximately 270 people in attendance. Vicki Jay is the Rays of Hope Children's Grief Centre Executive Director among many other community programs. Among the many honors she has amassed, she was the representative to Washington DC for the Jefferson Award National Delegate to Washington – June 2007.

Our own president Sheila Warren greeted the crowd and proclamations from the Mayors office were presented by Luann Morgan.

Woman of the Year award was presented by the Committee Chair, Glenda Knox. This year's honoree was our own Patti Humphrey, immediate past President of the Texas Federation of Business and Professional Women. Patti completed a successful tour as president and will be remembered for the successful State Conference that was held in Midland, TX. That was a first for our club and our City.

Chris Hagan chaired a successful raffle for M D Anderson at this event. We made \$1,200.00 for the Cancer Research Effort. A bountiful (and beautiful) basket of goodies, wine and dinner was presented to the lucky ticket holder.

To the Sponsors listed and all the people who purchased tickets, we thank you for your help. We could not have done it without you.



Rainbow Sponsors

Dawson Geophysical



Star Sponsors

HospiceMidland/Rays of Hope
Wes & Roni Perry



Moon Sponsors

Production Specialty Services, Inc. (2
tables)
Johnson, Miller & Co. (2 tables)
The Bosworth Company
Alliance Drilling Fluids, LLC
Office Team/Account Temps
T Bob Amthor Company, Inc.
Bank of America
Debbie Gann / Kuohui Lian
Monterey High School "Class of 74"
Donette Marble / Edward Jones
Helen Greathouse Charitable Trust
Career Path, Inc.
Jane Wolf, Legacy Real Estate
Laura Ingram, Agent, State Farm
Insurance
Steward Cable / Houston Connector



Young Careerist Jennifer Birkla with YC
Chair Stacy Nelson

2007 National Business Women's Week
Honoree Vicki Jay with Uptown's
President Sheila Warren (left)



Young Careerist Kuohui Lian with YC
Chair Stacy Nelson



Chris Hagan with Ceceily Schuler
our Raffle winner at our 2007
NBWW celebration
Raffle benefits MD Anderson



Judge Junell with Uptown President Sheila Warren and Pat Stanley with the LWV. Our speakers in September.



Lt. Col. Barbara Bevins, U.S. Airforce spoke to us about her experiences in the service around the world and President Sheila Warren



Let it Snow

This is an early reminder so you can prepare and go shopping for a gift, etc. We will have our blind auction to benefit M D Anderson on December 12, 2007. Please save the date. If you can't come, a gift for the blind auction would be appreciated. The theme is "Let it Snow" and we will have a real auctioneer.

We will also have a great buffet and lots of fun so this is a great time to bring a guest



Birthdays & Renewals

December Renewal
Sherry Ladd
Jeanne Larance

January Renewal
Glenda Knox
Mona Bethany
Kathy Blackman
Diane Browne
Peggy Driver
Lilly White
Danielle Edwards
Irmalee Inghram

No Birthdays In December and January

Words of Wisdom

Here we are once again in the throws of getting geared up for the holiday season. Like everyone else I am busy making gift choices, figuring out where the money comes from and making purchases.

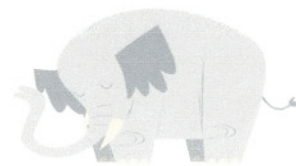
During these times we sometimes forget to stop and think about the blessings we have and about the choices in life we make every day. I hope each of you will stop and count those blessings and think about those who have not and share a little of the wealth (not necessarily money), with others.

Also, there are those who are troubled during the Holidays. If you are one of them reach out to others, we are there, if you are not, look around and reach out to those who do need it.

And while we are doing all these things don't forget the real reason for the Season.



*I just love the saying "if you have the choice to sit it out or dance, I hope you will dance".



Contributed by Mona Bethany

I have an elephant on my chest and I need to get it off. No. I am not at the circus. But there is a proverbial elephant on my chest and I need to share this information with you so maybe it can't happen to you. I recently discovered that I have had a silent heart attack. I have some heart damage, but it is not as bad as it could have been.

Women usually do not have the traditional symptoms that men have. In my case I visited the doctor during that time and described the symptoms I was having and was treated for flu like symptoms. I was dog tired, did not feel well in general, had cold sweats, a little short of breath and even had some nausea along with it. I knew something was wrong, but let the Dr. make the diagnosis and I did not question it.

I changed Dr's. because I continued to not feel well and continued to loose weight and feel tired. I initially went to the new Doctor to determine the plight of my diabetes and she was on it the minute I went in for the tests. Her first comment was, "when did you have a heart attack". After I got over being stunned at this revelation, we put the time line together. Ladies, if you are having any general symptoms that you do not understand and know that something is not right, question it, question it, and question it, until someone listens. Insist that they investigate the cause. Get a second opinion if need be. **"Do not take no for an answer."**

Here is some information from the **American Heart Association**: Typically, the earliest symptoms of coronary artery disease (CAD) are chest pain, also called angina, and shortness of breath with exertion. Other symptoms of coronary artery disease include a fast heartbeat, weakness, dizziness, nausea, and increased perspiration.

Heart attack symptoms in men and women often differ. Men usually have the typical type of chest pain that comes with exertion and decreases with rest. Women, older adults, and people with diabetes may have symptoms such as breathlessness, heartburn, nausea, or fatigue; they do not always have chest pain.

In a recent study, many women reported warning symptoms 1 month before having a heart attack. These symptoms included unusual fatigue, sleep disturbances, and shortness of breath. Only 30% reported chest pain, which the majority of men report.² for more information about the differences between coronary artery disease in women and men, see women and coronary artery disease.

Unfortunately, sometimes a heart attack is the first sign of coronary artery disease. According to the large, 50-year Framingham Heart Study, over 50% of men and 63% of women who died suddenly of coronary artery disease (mostly from heart attack) had no previous symptoms of this disease.³

Some people who have coronary artery disease and insufficient blood flow to the heart muscle (ischemia) do not have any symptoms. This is called "silent ischemia." In rare instances, you can even have a "silent heart attack," a heart attack without symptoms.

The American Heart Association web site has a wealth of information on this subject. Below are some excerpts from this site. I urge you to go to the web site and learn more about women and heart disease.

Heart disease, stroke, and other cardiovascular diseases are the No. 1 killer of American women, claiming the lives of nearly 400,000 American women each year. And yet many women do not even realize they are at risk – nor do their physicians.

The HEART for Women Act (S. 573/H.R. 1014) is needed to help make women and their healthcare providers aware that cardiovascular disease is not just a "man's disease" and to eliminate disparities in the diagnosis and treatment of heart disease and stroke in women.

The American Heart Association is a strong supporter of the HEART for Women Act and has launched a "Red Dress Paper Doll" petition to demonstrate to Congress the widespread support this bill has around the country. Just since the campaign launched last February, nearly 30,000 Americans have signed the paper doll petition in support of the HEART for Women Act and another 36,000 people have sent e-mails to their Members of Congress about the bill.

The HEART for Women Act can help millions of women live longer, healthier lives. Please help current and future victims of heart attack and stroke perhaps your mother, wife, sister, daughter, or friend.