

Generation WV 2010 Leadership Conference - May 6



2010 marks the third year for the WV's Young Leadership Conference which will be in Charleston, West Virginia on Thursday, May 6th.

This is the statewide event for young leaders, 21 to 45 years of age. The third annual conference will be a remarkable event that will include national speakers, leadership and professional development opportunities, networking with state leaders and other young leaders from across the state, and moving Generation West Virginia's agenda forward in making our state a destination for young talent.

This year marks a special partnership between Generation West Virginia and the State Journal as the State Journal will host its Generation Next: 40 under 40 Awards Reception as the closing event for the 2010 Conference.

YPC will be raffling one FREE ticket to the conference. Please RSVP to Jason.Shepherd@bankwithunited.com by May 3rd if you would like to be entered into the drawing.

To register for the conference, visit: <https://www.statejournal.com/ticketsGWV.cfm>

WV Secretary of State, Natalie Tennant, speaks to YPC

On April 1, the YPC was honored to have West Virginia Secretary of State and fellow young professional, Natalie Tennant present to express her thoughts on success and leadership. Tennant discussed how to become a local leader and a statewide representative for the people of the Huntington region. Tennant left the group with a very powerful phrase, "Neither success nor failure is ever complete." This advice will be carried on throughout the years for those yearning for professional and personal growth.



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MAY MEETING

When: Thursday, May 13th @ 11:30am

Where: Schooner's Waterfront Grille (www.schoonerswv.com)
[Buffington Street and the River](#), Guyandotte, WV

What: Business Meeting

Lunch: Cost \$10 - includes bread and drink, choices are:

- ◆ Schooner Burger – 8oz Certified Angus Beef on a Kaiser Roll with Lettuce, Tomato, and Mayonnaise served with Onion Rings
- ◆ Galley Salad – Fresh mixed greens topped with Ham, Turkey, Hard Boiled Egg, Bleu Cheese Crumbles, Bacon, Onion and Roasted Red peppers
- ◆ BBQ Pork Chops with Cheddar Mashed Potatoes

RSVP to carly@huntingtonchamber.org by Tuesday, May 11th at noon

MEMBER HIGHLIGHT

BENJAMIN SANDY



Though by no means a scratch golfer, Benjamin Sandy has been working hard to organize the first annual YPC Golf League. Starting May 10th, Ben and other interested avid (and not so avid) golfers will be taking on the Riviera Country Club golf course located in Lesage, West Virginia. Ben proudly emphasizes that the purpose of the league is not strict competition, but networking and camaraderie among the young professionals in the area.

When not on the green, Ben can be found at The Fyffe Jones Group where he is finishing his second year as an accountant whose focus is primarily on tax preparation for individuals and businesses. He helps clients with all levels of tax issues, realizing that his area of expertise can help alleviate the frustration many people face when preparing their own tax returns. Having earned his accounting degree cum laude at Marshall University in 2007, Ben is a proud alumnus and former Student Body President currently working to obtain his license as a CPA. The Fyffe Jones Group, located at 1033 20th Street, Huntington, West Virginia, eagerly awaits his tenure as the newest addition to their CPA family.

Ben, a native of Wirt County, West Virginia, and his wife, Jessica (Preece) Sandy, originally of Kenova, West Virginia and also a graduate of Marshall University, enjoy cheering on the Herd and bettering their community. Jessica is a third-grade teacher at East Lynn Elementary and is also the Treasurer of their neighborhood homeowner's association while Ben has recently been elected to serve on the board of the Marshall University Alumni Association. Both remain active in the Marshall community and both are proud to call Huntington home.

Over the next eight weeks, be sure to look for Ben and the YPC Golf League on the fairways at the Riviera Country Club. For the eight weeks following, Sugarwood Golf Club located in Huntington, West Virginia will be hosting league play. Anyone interested should contact Ben at bsandy@fja-cpas.com.

Can You Name the Top 10 Healthiest Foods to Eat?

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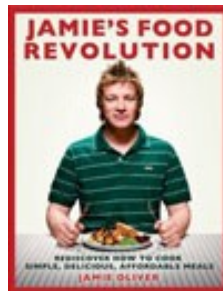
1. **Salmon** is a type of fish that contains omega-3 fatty acids, which have been linked to a low incidence of heart disease, arthritis, depression, loss of memory and Alzheimer's disease.
2. **Olive Oil** is potent monounsaturated oil that has been shown to reduce the incidence of heart disease and cancer.
3. **Blueberries** are high in antioxidants that fight cancer and heart disease, and lessen some symptoms of aging.
4. **Nuts** like almonds, walnuts, cashews and macadamia nuts are an excellent source of omega-3 fatty acids and can help fight heart disease by lowering LDL cholesterol levels.
5. **Broccoli** is rich in vitamin C, calcium, folic acid, low in fat and cholesterol, rich in antioxidants and it's an important source of soluble fiber,
6. **Citrus Fruit** is rich in vitamins and minerals, citrus fruits like oranges, lemons, limes and grapefruit contain anti-inflammatory qualities that also prevent premature blood clotting in heart attacks and strokes.
7. **Oats** are a soluble fiber that can significantly reduce your LDL cholesterol levels and are an excellent source of carbohydrates for diabetics who want to manage their blood glucose levels.
8. **Spinach** is a great source of insoluble fiber that reduces the risk of certain types of colon cancer and heart disease, but also is high in potassium, folate, and vitamins A, C and K. Kale and Swiss chard also contain these benefits.
9. **Turkey** is one of the leanest meats you can eat, it's low in calories, and contains selenium--a nutrient that has been shown to lower your risk for cancer and improve the immune system.
10. **Tomatoes** are loaded with antioxidants, vitamins A and C, and potassium. Tomatoes also contain lycopene, a powerful antioxidant that guards against the effects of cellular aging.

Jamie Oliver's Classic Tomato Spaghetti

This pasta sauce takes minutes to cook. What's great about this recipe for beginner cooks is that once you've done it a few times you can add other simple ingredients to your basic tomato sauce to completely transform it. Check out the end of the recipe, where I've given you some ideas to get started.

Ingredients (Serves 4 to 6)

2 cloves of garlic
1 fresh red chile
A small bunch of fresh basil
Sea salt and freshly ground pepper
1 pound dried spaghetti
Olive oil
1 x 14-ounce can of diced tomatoes
4 ounces Parmesan cheese



To prepare your pasta

Peel and finely slice the garlic. Finely slice your chile (halve and seed it first if you don't want the sauce too hot). Pick the basil leaves off the stalks and put to one side. Finely chop the stalks.

To cook your pasta

Bring a large pan of salted water to a boil, add the spaghetti and cook according to the package instructions. Meanwhile, put a large saucepan on a medium heat and add 2 good lugs of olive oil. Add the garlic, chile, and basil stalks and give them a stir. When the garlic begins to brown slightly, add most of the basil leaves and the canned tomatoes. Turn the heat up high and stir for a minute. Season with salt and pepper. Drain the spaghetti in a colander then transfer it to the pan of sauce and stir well. Taste and add more salt and pepper if you think it needs it.

These can be added to your tomato sauce when it's finished. Just stir in and warm through:

- Add a handful of baby spinach leaves to the sauce at the same time you add the pasta—when the leaves have wilted remove from the heat and serve with some crumbled goat's cheese on top.
- A few handfuls of cooked shrimp and a handful of chopped arugula with the juice of ½ a lemon.
- A can of tuna drained and flaked into the sauce with ½ teaspoon of ground cinnamon, some black olives and the juice of ½ a lemon.
- A handful of fresh or frozen peas and fava beans



Jamie's recipe taken from Jamie's Food Revolution by Jamie Oliver (Hyperion).
© Jamie Oliver, 2009 The first person to fax the following to 304-525-7038 will win a prize: member highlight's name and hometown, healthiest food #8, and where to find Mother's Day Gift #7

Top 10 Mother's Day Gift Ideas in the Tri-State Area

By Jennifer Brooks, Paris Signs

Mother's Day is Sunday, May 9th!!

	<u>Gift Idea</u>	<u>Where To Find It</u>	<u>Price</u>
10	Gift Certificates – For the truly perplexed or severely time constrained only. This should not be a regularly recurring gift selection.	Hobby Lobby Macy's J.C. Penney's	Your choice
9	Books, Books & More Books! You can search for her wish list on Amazon's website by her email address.	www.Amazon.com	\$15 & up
8	Pandora beaded bracelets are today's version of yesterday's charm bracelet.	C.F. Reuschleins, Inc. 947 Third Ave, Huntington	\$25 & up for beads \$40 & up for bracelets
7	Wine & Cheese gift baskets – Pick out Mom's favorite wine and customize with fruit and cheese.	Julian's Market 1049 12 th Street, Huntington	\$25 and up
6	A membership to the Huntington Museum of Art .	HMoA 2033 McCoy Rd, Huntington	\$25 & up
5	Trollbeads are crafted from the finest materials available and are inspired by mythology, nature and everyday moments in life.	MUG and PIA 929 Third Ave, Huntington	\$23 & up for beads
4	Mother-Daughter mani/pedi – not only a treat for Mom but for Daughter as well.	Her favorite spa	\$20 & up
3	Silver Spoon vintage jewelry is made from heirloom patterns of the 1800s. Rings, bracelets, necklaces and watches.	Hospice of Huntington Gift Shop 1101 6 th Ave, Huntington	\$32 to \$122
2	A flat of her favorite annuals or a hanging basket – Mother's Day marks the beginning of safely planting her favorite flowers. This is a gift she'll remember all summer.	Lavalette Nursery 1601 Fifth Street Rd, Huntington	\$17.95 & up
1	Time with you – Invite her (& Dad) over for a relaxing evening and you cook. Hot dogs or Filet Mignon make no difference to her. It truly is the thought that counts.	Here and Now	Priceless!

YPC would like to wish all of its mothers a
HAPPY MOTHER'S DAY!!!

Welcome New Members

Kevin Noe

Managing Partner
RedWave Communication
knoe@redwavellc.com

Josh Tackett

Director
Tri-State Industries, Inc.
jtackett@lawrencedd.org

Joshua Ruby

Branch Manager
Labor Ready
pruby@laborready.com

Gregory Neil

Associate Attorney
Steptoe & Johnson PLLC
greg.p.neil@gmail.com

Courtney Johnson

Law Clerk
WV Supreme Court of Appeals
court118@ufl.edu

Dustin Swysgood

Account Representative
Baker Petrolite
dustin.swysgood@gmail.com

Drew Annas

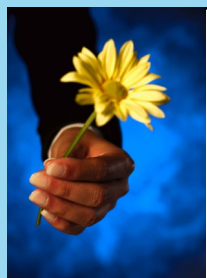
Account Executive
MU ISP Sports
Dannas@ispssports.com



YPC Members Josh Ruby (Left) and Tim Ganger (Right) network during the bowling event held on April 15th at Colonial Lanes



Josh Ruby showing off his bowling skills!!



The Networking and Recreation Subcommittee would like to extend a special **Thank You** to **Kimberly Carico** and the **Huntington Board of REALTORS** for the use of their conference space for it's April Meeting

GET CONNECTED, STAY CONNECTED



CALENDAR OF EVENTS

Friday, April 30 - YPC New Member Orientation - 11:45am at the Chamber

Sunday, May 2 - [Runathon for Haitian Relief Effort](#) - 2pm at Cabell-Midland High School

In order to raise awareness and funds for the recently devastated nation of Haiti, we are pulling together to collect pledges, either by lap around the track or flat pledges, by walking or running around the track for one hour. In addition, in lieu of an entry fee, each individual is asked to bring one item of summer-weight clothing to clothe the people of Haiti.

Thursday, May 6 – Generation WV Leadership Conference – 8:00–4:30 at Embassy Suites in Charleston, WV

Register for the conference at www.statejournal.com/ticketsGWV.cfm

Friday, May 7 – Deadline for First Quarter YPC Volunteer Recognition Nominations

If you know of someone you'd like to nominate, please fill out the nomination form <http://www.huntingtonchamber.org/files/Community%20Service%20Award%20Nomination.pdf> and submit it via fax to Matt Campbell at 304-696-4109.

Monday, May 10 – Community Development Subcommittee Meeting – Time and Location TBD

Thursday, May 13 – YPC May Monthly Meeting – 11:30am at [Schooner's Waterfront Grille](#)

Monday, May 17 – BBBS 24th Annual Bowl for Kids Sake – 7pm

- ◆ The YPC will be putting together at least one team for this event, if interested, please email Matt at campbellm@marshall.edu
- ◆ Can't make it to bowl? Then help by pledging to the YPC Team!

Wednesday, May 19 – Networking Subcommittee Meeting – noon at CVB (210 11st Street)

Monday, May 24th – PATH Golf Scramble – 10am at Twin Silos

- ◆ Volunteers needed! If you would like to help, please email Matt at campbellm@marshall.edu
- ◆ Want to play? Go to www.paulambrosetrailforhealth.org or call 304-696-7072

Sunday June 20 & Monday June 21 – 2010 Habitat Classic Golf Tournament at Guyan Golf and Country Club

2010 Habitat Classic Golf Tournament and Dinner/Dance. Details and Sponsorship information are forthcoming. For questions or further information, please call Teddy Klumper III at the Habitat office at 304-523-4822.

Have you read an article that would be beneficial to other YPC members? Do you have any information or pictures that you would like to share with the group? Please contact Heather Marris at hmarris@goodwillhunting.org

Edited by Heather Marris of



Young Professionals Committee – Huntington Regional Chamber of Commerce

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Phone: (304) 525-5131 Fax: (304) 525-5158 YPC@huntingtonchamber.org <http://www.huntingtonchamber.org/vpc.php>