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 Wes Brooks  
*President-Elect*  
 Jennifer Payne  
*Vice President*  
 Sean Priebe  
*Secretary Treasurer*  
 Maura McLaughlin  
*President Elect*

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Allen Anderson  
 James Duncan  
 Chase Munro  
 Brian Moore, Sgt. at Arms  
 David Owens  
 Lucy Parkman  
 Valencia Williamson

**Spokes Newsletter**  
 Wes Brooks, *Editor*

**Rotary Club of Hattiesburg**  
 629 N. Main St.  
 Hattiesburg, Ms. 39401  
 (601) 582-3330

# SPOKES



## MINUTES: December 3, 2013

Scott Hummel presided over the meeting. Thanks to Dan Kibodeaux who gave the invocation and Johnny Stevens who led the club in the Pledge of Allegiance.

David McPhail was a visiting Rotarian from the Sunrise Club.

Sean Priebe, filling in for Bryan Moore, introduced today's guests. Ryan Kelly has as his guest today four seniors from their business program. They are Abdoul Agne, Jean Paul Antoire, Aubrey Coop and Sharon Bolton. Kemi Simmons is a prospective member and a guest of Tracie Fowler. David Ball and John Consoline are guests of

*"Unrealistic expectations can be a cause of distress during the holiday season."*

Allen Anderson. Steve Ramp has as his guests Orlando Rankin and Ruby Jackson.

Scott reported to members that the club has received a thank you note from the Edwards Street Fellowship food pantry. Our club donated more than 1,100 pounds of food through our "A Little Extra" effort. The club also received a thank you letter from the Pine Belt Community foundation for the \$700 contribution made to the Extra Table. Scott thanked those who participated in our projects.

The board of directors met the last week in November. Among the actions taken at the meeting was a \$200 contribution made in support of the Department of Human Services Christmas party for the foster children. The club also made a \$1,000 contribution to Shelter Box which will provide one Shelter Box unit for those affected by the recent Philippines's typhoon.

Mike Ratliff then introduced today's speaker and her guest. Laura Hunt is a new employee of the Extra Table and is accompanying today's speaker, Raven Tynes. Raven is the Executive Director of the Extra Table. She has served in that position for the past 18 months. Laura is the organization's second employee.

Scott reported that the Nominations Committee has distributed ballots for the 2014-2015 officers and four of the board seats. All members are asked to cast their ballot which will be collected and counted by the Committee before the close of today's meeting.

Janet Williams then introduced today's guest speaker, Dr. Paul Cotten, Professor of Music and Psychology at William Carey University. Dr. Cotten says he may be better known in the Rotary world as the brother of former District Governor and member of this club, Milam Cotten. Dr. Cotten was asked by Janet to discuss "Seasonal Depression" since we are entering the holiday season.

Dr. Cotten says there are two kinds of stressors. Eustress is a positive stress. Distress is negative stress and causes damage to humans. He also points out that stressors have different effects on different people.

Unrealistic expectations can be a cause of distress during the holiday season. Perhaps some of us expect too much. Over commercialization can be another stressor. We are all bombarded with commercials promoting all the new goods and gadgets which we feel we must have or must give to your friends and family. All too often we focus on these elements of the holiday season and forget the reasons for celebrations. Some suffer from anticipatory grief. At various times throughout our lives we are all faced with the realization that this Christmas may be the last Christmas for a dear relative. Dr. Cotten says we all should make sure we keep our memories so we can make these times happier in the future.

We all try to go to all of the functions scheduled during the season causing us to lose focus. He suggests that you go into the season with a plan and then stick to the plan. Other common stressors include sleep issues as well as physical issues.

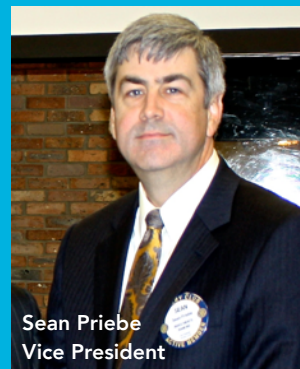
## Officers 2014 - 2015



Wes Brooks  
President



Jennifer Payne  
President-Elect



Sean Priebe  
Vice President



Erik Graham  
Secretary-Treasurer

## Minutes (cont.)

How do we combat the stressors and avoid seasonal depression? Dr. Cotten says we should all maintain a realistic expectation about what the season is all about and focus on that rather than the gifts that others may or may not want or need. He also suggests that we remember that we and only we are in control of us, therefore, you set your schedule and you decide whether or not others will have a negative impact on you. Finally, Dr. Cotten suggests that you make sure you set aside time for you and your family and friends.

In closing Dr. Cotten encouraged us to be thankful for each blessing you give as well as each blessing you receive.

Scott concluded the meeting by announcing the results of today's election. He thanked everyone who agreed to stand as a candidate. Wes Brooks will become the club's president in July. Jennifer Payne will become President-Elect, Sean Priebe Vice-President and Erik Graham will become the Secretary/Treasurer. Elected to a two-year term on the board is Dan Davis, Tracie Fowler, Aaron Ladner and Curtis Smith.

## Our Guest

**Italo Subbarao, DO, MBA**

**Associate Dean, Quality Assessment**

**William Carey University, College of Osteopathic Medicine**

Dr. Subbarao is the Associate Dean, Quality Assessment at William Carey University College of Osteopathic Medicine. He was formerly Director of the Public Health Readiness Office at the American Medical Association Center for Public Health Preparedness and Disaster Response, the Deputy Editor of the Journal of Disaster Medicine and Public Health Preparedness, an official AMA publication, and the Medical Director for the National Disaster Life Support Program Office. Dr. Subbarao is a leader in disaster response including terrorism and is recognized for his work in inter-professional competency development and assessment. He has provided field and technical support to the Haiti Earthquake, the Mumbai Shootings, Hurricanes Gustave and Ike, Hurricane Katrina, the Pakistan Earthquake, and other large scale events. He has published and edited over 60 books and articles and has been an invited speaker to many conferences which include US Dept. of Health and Human Services, Centers for Disease Control and Prevention, and the North Atlantic Treaty Organizations.

Dr. Subbarao is an emergency medicine physician and has completed additional fellowship training in Disaster Medicine at Johns Hopkins University. Dr. Subbarao completed his emergency medicine residency training at Lehigh Valley Hospital, Muhlenberg, in Bethlehem, Pennsylvania, where he won three national resident research awards. He is a graduate of the Philadelphia College of Osteopathic Medical School joint DO/MBA program in Health Care Administration. He lives with his wife and son in Hattiesburg, MS.



# Service Above Self





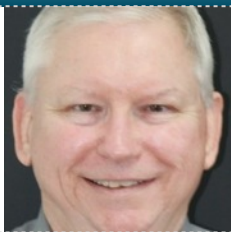
**Your help is still needed on Saturday, December 21, at the grocery entrance at Walmart Superstore on Hwy 98W.**

10 - 12	12 - 2	2 - 4	4 - 6	6 - 8
Mary Cromartie	Jennifer Payne	Dan Kibodeaux		Richard Topp
Scott Hummel	Curtis Smith			Abdoul Agne (guest)
Conrad Welker	Julian Allen			
	Aaron Ladner			

### Board of Directors 2014-2015



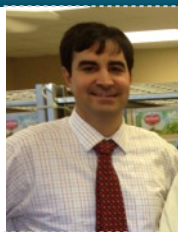
Allen Anderson



Dan Davis



Tracie Fowler



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Valencia Williamson

Scott Hummel  
Past President