

SPOKES

NEWSLETTER OF THE ROTARY CLUB OF HATTIESBURG



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

MINUTES:

January 7, 2014

Scott Hummel presided over the meeting. Thanks to Kristy Gould who gave the invocation and Sean Priebe who led the club in the Pledge of Allegiance. Thanks to Sara Peterson and Jerome Brown for serving as our greeters today. Wes Brooks, introduced today's guests and visiting Rotarians. Mickey Lyon is a guest of Jeremy Bolling. Andy Davidson is a guest of Allen Anderson.

Scott made the following announcements:

- Economic Outlook 2014 to be held January 23rd between the hours of 9 a.m. – 1:00 p.m. at the Thad Cochran Center Ballroom at USM
- Special thanks to Richard Topp and all who participated with the Salvation Army Bell Ringing
- Mid Year Review will be on Saturday, January 17th. Emphasis will be given regarding training for Rotary Youth Exchange and for persons who would like to participate by providing their homes to chosen youth exchange students.
- The annual 2014 Christmas Party is becoming the "Winter Social". Please contact Lucy Parkman for further inquiries.



Ember Ahua then came forward and introduced today's guest speaker, Ms. Lee Armstrong. Lee is the Gateway Program Director with Anatomies Family Fitness in Hattiesburg. She and Kalley Kemp, gave an informative presentation on obtaining a better and healthier lifestyle. Exercise, with a nutritional diet, is of key importance for promoting a healthier you! They presented facts on wellness, fitness, and diet, stating that reaching a health goal and making a change is a process and it varies for different individuals. Do you want to exercise but don't know where to begin?



Omolara Otaigbe, M.D.

PROFESSIONAL EXPERIENCE:

**01/03 – present Wesley Medical Group, Hattiesburg, MS
Family Physician**

- Broad-based outpatient and inpatient practice
- Special interest in diabetes care and management, including initiation and management of insulin pumps.
- Medical Director of the Diabetes Education Center at Wesley Medical Center.
- Serving on the Medical Executive Committee at Wesley Medical Center, February 2012 – present.
- Adjunct Clinical Professor, William Carey University

**01/00 – 07/02 McFarland Clinic, Ames, IA
Family Physician**

- Broad-based outpatient practice
- Adult and pediatric inpatient practice

**08/98-12/99 Boone County Hospital Boone, IA
Emergency Room Physician**

**07/95-08/98 North East Iowa Family Practice Center
Waterloo, IA**

Family Practice Resident

- Practicing community-based medicine in various subspecialties such as internal medicine, pediatrics, obstetrics/Gynecology, and surgery

**02/92-02/93 Stoke Mandeville Hospital Aylesbury, UK
National Spinal Injuries Center**

Senior House Officer

- Managed acutely injured spinal patients from injury to rehabilitation
- Assisted in spinal surgery

**08/91-01/92 Stoke Mandeville Hospital Aylesbury, UK
Accident and Emergency Department**

Senior House Officer

- Managed various medical and surgical emergencies

09/89-03/90 Life Support Medical Center Lagos, Nigeria

Senior House Officer

- Managed outpatient and inpatients with renal failure, hemodialysis

08/88-07/89 Nigeria Army Military Hospital Anambra, Nigeria

Senior House Officer

- Assisted in surgery
- Provided extensive primary care in internal medicine and pediatrics

08/87-07/88 University of Benin Teaching Hospital Benin City, Nigeria

Pre-registration Intern

- Received internship training in surgery, obstetrics/gynecology, pediatrics, and internal medicine

LICENSURES:

- Board certified with the American Board of Family Medicine until 2016
- Aviation Medical Examiner Certification – FAA, March 2013
- Certified Diabetes Educator, June 2011
- Physician License in the State of Mississippi, July 2002
- Physician License in the State of Iowa, July 1996
- Limited registration with the General Medical Council of Great Britain, June 1991
- Full registration with Nigerian Medical Council, July 1988

PROFESSIONAL AFFILIATIONS:

- American Academy of Family Practice
- Mississippi State Medical Society
- American Medical Association
- American Association of Diabetes Educators

EDUCATION:

University of Lagos, Lagos, Nigeria

College of Medicine, Bachelor of Medicine, Bachelor of Surgery, 1987

Queen's College, Lagos, Nigeria

Advanced level General Certificate of Education (Sciences), 1980

HONORS:

- President, Lagos State Medical Students Association, 1984-85
- Recipient, John F. Kennedy Memorial Essay Competition award, 1979
- Received best student award in English Language and Literature, 1975-77

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Recent studies have shown that only 30 percent of the population exercises regularly; however, another 30 percent state they would like to exercise. Exercise has been shown to improve medical outcomes in chronic diseases such as diabetes, hypertension, and coronary artery disease. However, few individuals know how to begin a safe, effective exercise program. Anatomies can help!

What is the Gateway? The Gateway room at Anatomies offers the most current Life Fitness resistance machines that are both safe and user friendly. Our accessible layout makes it easy and fun to begin an exercise program! Take Control Anatomies is now offering a full service Medically Referred Wellness Program under supervision of an Exercise Physiologist. This program offers a facility and a full range of resistance and cardiovascular training equipment specifically designed to accommodate special needs. We are equipped to prescribe exercise as a medical treatment for pain management, post-rehab transition, and weight loss.

Exercise is Medicine! Exercise is essential for a healthy body! Exercise is also a clinically proven method for treatment of at least 85% of all illnesses! Join our wellness program and enjoy the health benefits of regular exercise!

For more information and other programs offered at Anatomies, please visit the website at www.anatomies.com or contact 601.579.9555.

Minutes courtesy of:
Lamar Evans, Executive Secretary

Upcoming



Dr. Omolara Otaigbe
January 14



Dr. Beverly Smallwood
January 21



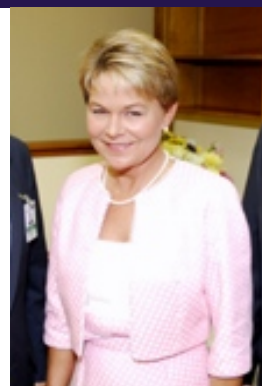
André J. Heath
January 28



Chris Buckhalter
February 11



Martha Dearman
February 18



Martha Dearman
February 18

Adamson	Debbie	A	Granberry	Erin	A	Nicholson	James	A
Ahua	Ember	A	Greer	Charles	SE	Nugent	Katherine	A
Akinwale	Abumere	A	Griffith	John	A	Owen	David	SE
Akinwale	Abumere	A	Gustafson	David	A	Owens	Gene	A
Allen	Mickey	A	Harris	Anthony	A	Owens	David	A
Allen, Jr.	William	A	Henley	Dan	A	Parkman	Lucy	A
Anderson	Allen	A	Herzog	Angela	A	Payne	Jennifer	A
Aultman	Dorrance	SE	Holland, III	Robert	A	Peterson	Sara	A
Bolling	Jeremy	A	Hughes	Bill	SE	Phillips	Brett	A
Brooks	Wes	A	Hummel	Scott	A	Price	Chris	A
Brown	Jerome	A	Johnson	David	A	Priebe	Sean	A
Burt	J. Cecil	SE	Kibodeaux	Dan	A	Ramp	Steve	A
Carpenter	Stanley	SE	Ladner	Aaron	A	Ratliff	Mike	A
Cole	Hoppy	A	Leblanc	Larry	A	Riley	Bob	A
Cornett	Robert	A	Lee	Amanda	A	Shemper	Jonathan	A
Cornett	Michael	A	Lewis	Kevin	A	Smith	Curtis	A
Corts	Ric	A	Light	Tom	A	Smithers	Allen	A
Cromartie	Mary	A	Lochhead	Robert	A	Spears	Aime	A
Cullinane	Chrissy	A	Lewis	Kevin	A	Stevens	Johnny	A
Cummings	Robert	A	Light	Tom	A	Strebeck	Chris	A
Cummings	Audra	A	Lochhead	Robert	A	Tadlock	John	SE
Davis	Dan	A	Lowrey	Perrin	A	Temple	Elaine	A
Dillard	Evan	A	MacLauchlan	Bill	A	Topp	Richard	A
Duncan	James	SE	Mason	Danny	A	Touchstone	Janice	A
Edwards	Rusty	A	McCleary	Shell	A	Walter	Freddy	SE
Evans	Lamar	A	McLaughlin	Maura	A	Walton	Lynn	A
Farmer	Francis	A	McLeod	Bill	A	Ward	Patrick	A
Fowler	Tracie	A	McMullan	W. Holt	A	Weakley	Wallace	A
Gammill, III	Stewart	SE	Meador	Joe	SE	Weeks	John	A
Garraway	Greg	A	Mitchell	Hayden	A	Welker	Conrad	SE
Ghents	Christina	A	Moffett	Andreas	A	Wicht, Jr.	William W.	SE
Gilder	Jerry	A	Montgomery	Tom	A	Williams	Janet	A
Gillentine	Elizabeth	A	Moore	Brian	A	Williamson	Valencia	A
Gould	Kristy	A	Morris	Toxey	A	Winstead	James K.	A
Graham	Erik	A	Munro, IV	Chase	A	Winters	Gene	SE
						Zemetis	Kevin	A