

SPOKES

NEWSLETTER OF THE ROTARY CLUB OF HATTIESBURG



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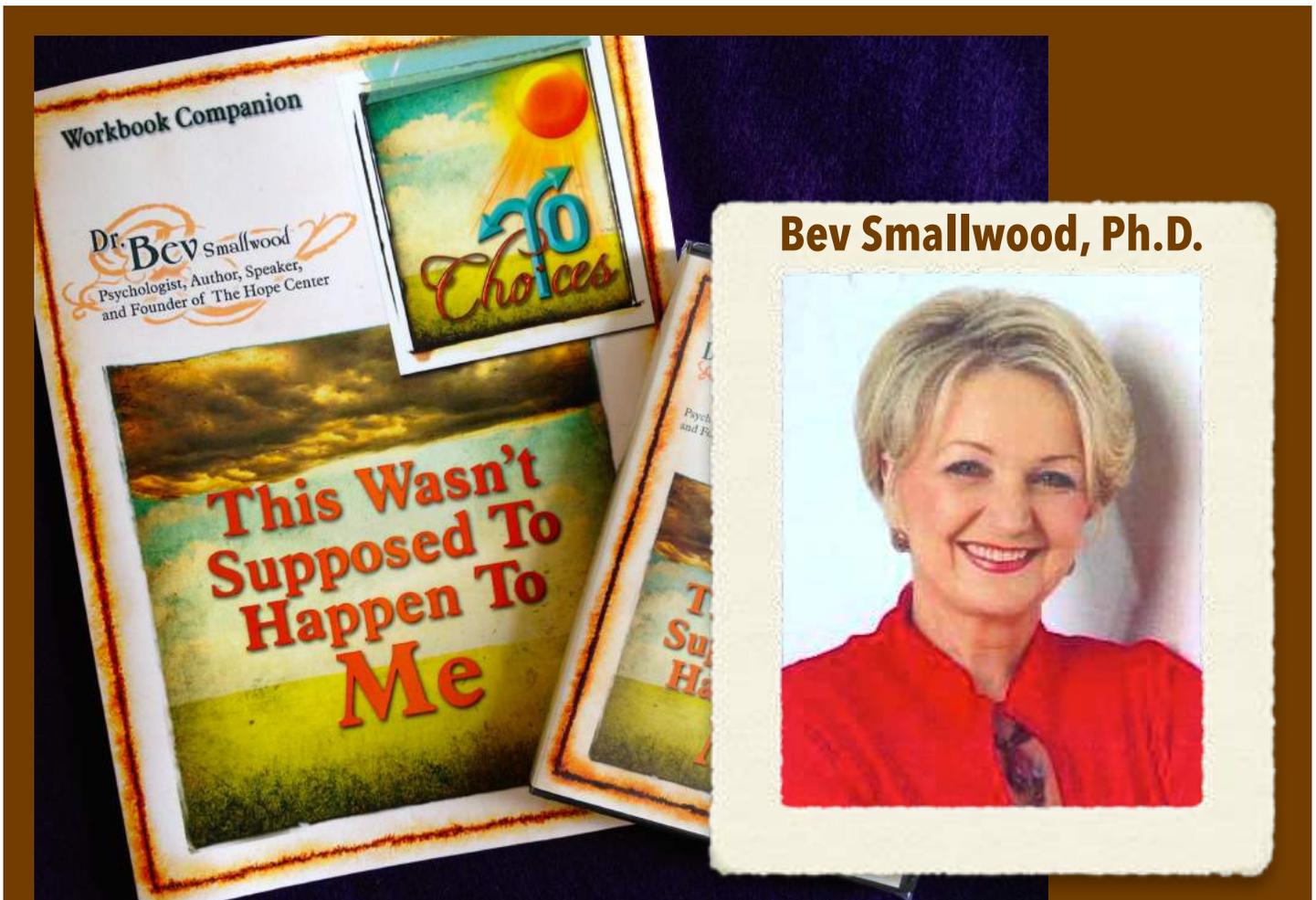
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L-R: Ember Ahua, Dr. Omolara Otaigbe, and Scott Hummel





Dr. Bev Smallwood is a licensed psychologist who, for the past 30 plus years, has been spreading her message of hope to individuals, families, and organizations across the U.S. and around the world. She's the Founder and CEO of The Hope Center, a psychological clinic she established in 1984. Since the early 80's, Bev's high-content, high-fun Magnetic Workplaces programs have enabled organizations to accomplish successful transitions, develop more skillful leaders, intensify employee engagement, reduce turnover, and create fiercely loyal customers.

Bev received her Ph.D. in Psychology from the University of Southern Mississippi in 1981. Since that time, she has regularly received advanced professional training in such areas as trauma treatment, forensic psychology, organizational assessment and intervention, and leadership development.

Dr. Bev is well-known as a resource to the national media. She's been interviewed and quoted in such media outlets as MSNBC, CNN, FOX News, Maury Povich, New York Times, USA Today Weekend, Focus on the Family, Chicago Tribune, Cincinnati Enquirer, Self Magazine, Cosmopolitan, Women's Health, Entrepreneur, and numerous major radio stations and networks.

Bev's the author of *This Wasn't Supposed to Happen to Me: 10 Make-or-Break Choices When Life Steals Your Dreams and Rocks Your World*, (Thomas Nelson, Publishers). She also co-authored *KidSpiration: Out of the Mouths of Babes*.

Dr. Bev Smallwood lives in Hattiesburg, MS. She's the Mom of Greg and Amy, and the grandmother of Joseph, Ethan, Scarlett, and Eli.

Minutes - January 11

Scott Hummel presided over the meeting. Thanks to Mike Ratliff who gave the invocation and Amanda Lee who led the club in the Pledge of Allegiance. Thanks to Tracie Fowler and Lynn Walton for serving as our greeters today.

Brian Moore, introduced today's guests and visiting Rotarians. Jeffrey Runnels and Jeremy Vanover are guests of Ryan Kelly. Andy Davidson is a guest of Allen

Anderson. Brittany Fletcher and Lindsay Glover are guests of Chase Munro. Sheila Smallwood is visiting from the Petal Rotary club.

Scott reminded members that the monthly board meeting will take place on Monday evening January 27 beginning at 5:30. The meeting will be held at William Carey University. Members are welcome to attend and Scott reminded Red Badge members that they earn credit toward a blue badge if they attend. He also reminded members that the board meeting will also count for a meeting make-up.

He also reported that Lucy Parkman and Jennifer Payne are working on plans for a winter social. The event will be held at the Camellia House on the evening of February 25. The social will replace the regular Tuesday lunch meeting. The event will begin at 6 pm.

Scott also reported that he attended the semi-annual Mid-Year Check-up this past Saturday. He reported that our club is a part of a great Rotary District. He also noted that he is of the opinion that our Hattiesburg club is the best of all the clubs in the District. He reported to the others in attendance about our Bike-a-Thon, our Make a Difference Day event and our A Little Something Extra campaign.

Ember Ahua then came forward and introduced today's guest speaker, Dr. Omolara Otaigbe. Dr. Otaigbe is a family physician with her own clinic. She also works for Wesley Medical Center and is an adjunct faculty member at William Carey University. She is licensed to practice medicine in the United States, the UK and Nigeria.



Dr. Otaigbe discussed the need for a balanced life. She compared that balance to a tri-pod. If one leg of the tri-pod is out of balance then it throws the entire instrument off balance, just like the human body.

The three legs of the human tripod are Healthy Eating, Exercise and Sleep. Eating is being aware of what and how much you consume. The average human requires 2,000 calories daily. If you eat more than exercise can burn the extra fat your diet generates. Dr. Otaigbe recommends that you eat in

moderation. Less than 10% of our caloric intake should come from fats. We should try and avoid too many saturated fats from meat and dairy products. We should also focus on dense grains and avoid overly processed grains. She also recommends that you look for color in your diet. Vegetables and plants give you much of the protein you need on a daily basis.

Exercise is a second leg of the tripod. We should all participate in a moderate exercise program for 150 minutes each week. That works out to 30 minutes a day for 5 days of the week. Moderate exercise is defined as an activity that raises your heart rate. Dr. Otaigbe recommends biking, walking or dancing.

Sleep is the third leg of the tripod. She says it is an extremely important part of a healthy life. When you don't sleep well you are tired which causes you to overeat and also causes you do avoid exercise. When you don't sleep your blood pressure and blood sugars increase which increases your risk of heart problems.

If you want to live a healthy life, Dr. Otaigbe recommends that you focus on the three legs of your tripod and that you decrease the stress level in your life. Exercise is the best way to manage stress but there are other ways. She suggests you find that one thing that allows you to separate the stress of daily living from your mind and body.

If you'd like more information about healthy living, visit www.nutrition.gov.

**Minutes courtesy of:
Lamar Evans, Executive Secretary**



This week DGE Brian Hall attended the Rotary International Assembly in San Diego, Ca.

Brian is pictured here with Rotary International Connections Specialist, Adelita Hernandez, of Evanston, Illinois.

Upcoming



André J. Heath
January 28



Lynn Conerly
February 4



Chris Buckhalter
February 11



Martha Dearman
February 18



Wes Brooks - ClubRunner
March 4



Dr. Faye Gilbert
March 11