

July 23, 2013

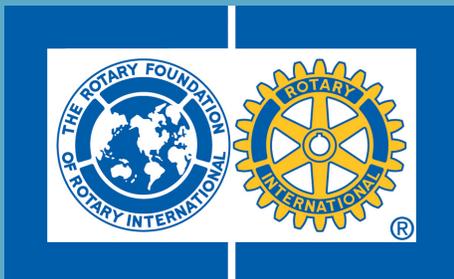
SP KES

Newsletter of the Rotary Club of Hattiesburg

Pictured L-R: Scott Hummel, Sean Priebe, Dr. John Pendergrass, and Patricia Pendergrass



Photographs courtesy of: Mike Ratliff



Rotary Foundation,
Membership & Public
Relations Seminar

8:30am - 12:30pm, August 17, 2013
Pearl River Community College

Board of Directors Meeting

William Carey University
President's Dining Room, Cafeteria
5:30pm - For those wishing to eat
6:00pm - Meeting start time

MINUTES: July 16, 2013

President Scott Hummel presided over the meeting. Thanks to Lynn Walton who gave the invocation and to Mike Ratliff who led the members in the Pledge of Allegiance. Thanks also to Chrissy Cullinane and Lynn Walton who served as our greeters today and sold chances for Polio Plus.

Scott led the Club in the 4-Way Test and then asked Sean Priebe to introduce today's visiting Rotarians and guests. Suzanna Patterson is a visiting Rotarian from Valdosta, Georgia. She will be relocating to the Hattiesburg area within the next year. Ryan Kelly is the guest of Scott Hummel.

Chris Price won today's Polio Plus raffle.

Scott encouraged members to strive for perfect attendance for the new Rotary Year. Those who do have perfect attendance will be listed in the SPOKES. He also reminded board members that the July board meeting would be held on Monday, July 29th. The meeting place will be in the President's dining room located on the campus of William Carey University and will start at 6:00 p.m. Members are welcome to attend these meetings.

Sean Priebe then introduced today's guest speaker, John Pendergrass. Dr. Pendergrass is a local Ophthalmologist and has recently written a book entitled "Against the Odds."

Dr. Pendergrass talked to us about being a competitor in six Iron Man triathlons across six continents after turning sixty years of age. His book, "Against the Odd" is about his adventures and will be on sale after today's meeting.

John noted that triathlons are relatively new, having been introduced to the world in 1974. Today there are thousands of triathlons across the world with thousands of competitors in each event. However, the Iron Man Triathlons are longer and harder and fewer than 2,500 will participate in each of these events. Dr. Pendergrass likened the Iron Man to swimming back and forth across the Mississippi River in New Orleans three or four times, jumping on your bike and riding to Hattiesburg and then jogging to Laurel. Iron Man competitors have to swim 2.4 miles, bike for 112 miles and then run for 26 additional miles. They are limited to no more than 17 hours to complete the event.

John's first Iron Man was in Brazil. He then competed in Switzerland, South Africa, New Zealand, Arizona and finally in China. It was just prior to the China event that a friend encouraged him to compete in six Iron Man Triathlons on six continents while in his sixties. He also decided after this event that he should write a book about his adventures, which became Against The Odds.

Dr. Pendergrass trains for 12 weeks prior to each of his events, adding distance to his running, biking and swimming program. He tries to arrive at the site of the event three days in advance, giving him time to recover from the average travel time of 48 hours. On the day of the event competitors begin their swim at sunrise and the clock begins at that time. After their 2.4 miles they then bike 112 miles as the clock continues to run. At the end of the bike ride they then job the final 26 mile leg of the event. The professional Iron Man competitors complete the event in 8 to 9 hours. Dr. Pendergrass says his time is between 14 and 15 hours.

If you didn't get an autographed copy of his book at the meeting, look for it in book stores or on-line.

Minutes provided by:
Lamar Evans, Executive Secretary
Rotary Club of Hattiesburg



JULY 16, 2013



Jerome Brown & Lucy Parkman



Sean Priebe



John Pendergrass, MD

Our Guest



Tomia Carter is a nurse practitioner that works with Forward Health Solutions in Hattiesburg, Mississippi. Forward Health Solutions is a clinic that holistically treats patients, working to get to the root cause of disease. She has more than 17 years of experience in the medical field as well as continued training in the area of integrative medicine. She is licensed as both a Family and a Pediatric Nurse Practitioner. In addition, she has previously been a Nursing Instructor at the University of Southern Mississippi and Jones County Junior College.

What does Forward Health Solutions do?

We are an integrative medical clinic that focuses on helping you create a lifestyle of health. Our goal is to help you regain and maintain your health by restoring balance. We do this by listening to you and reviewing your symptoms, medical history, and test results. From this information, we are able to determine the right plan for you and make recommendations that guide you toward better health. We believe in using natural products, whenever possible, and other treatments methods that include IV nutritional therapy and hyperbaric oxygen therapy. We are able to treat you for hormone and thyroid imbalances, as well as adrenal fatigue, chronic fatigue syndrome, fibromyalgia, detoxification and many other health issues.

What is integrative medicine?

Integrative medicine is the practice of medicine that focuses on the whole person and makes use of all appropriate therapeutic approaches, healthcare professionals, and disciplines to achieve optimal health and healing. It combines state-of-the-art, conventional medical treatments with other therapies that are carefully selected and shown to be effective and safe. The goal is to unite the best that conventional medicine has to offer with other healing systems and therapies derived from cultures and ideas of both old and new. Integrative medicine is based upon a model of health and wellness, as opposed to a model of disease. Whenever possible, integrative medicine favors the use of natural interventions.

What is a D.O. or Doctor of Osteopathic Medicine?

A Doctor of Osteopathy (DO) is a doctoral degree for physicians in the United States. Many people are not even aware that two types of physicians exist DOs and MDs. Both are licensed in all 50 states to prescribe medication and perform surgery. While DOs can choose any specialty of medicine - from Surgery, Dermatology, Ophthalmology or Endocrinology, approximately 60% are in primary care (Family Medicine, OB/GYN, Pediatrics, and Internal Medicine). Requirements for entry into both medical schools are similar as is much of their medical school training. However, osteopathic medical training focuses on a holistic or "whole body" approach, which includes osteopathic manipulative medicine (OMM). OMM teaches students to learn to diagnose and treat musculoskeletal problems, which can lead to improved health.

What is a Nurse Practitioner?

A Nurse Practitioner is a registered nurse who has completed either a Master of Science in Nursing degree (MSN) or Doctor of Science in Nursing degree (DSN). Therefore, they are considered Advanced Practice Nurses (APN). A Nurse Practitioner usually is required to write a thesis and complete extensive clinical training as part of the graduate-level education. Nurse Practitioners are licensed through state nursing boards and are required to hold national certification in their area of expertise (Family Practice, Gastroenterology, Nurse Midwife, Geriatric, Pediatric, Psychiatric, etc.). The core philosophy of Nurse Practitioners is to provide a plan of care for individuals to include body, mind, and spirit. They are trained to treat the patient, not only as an individual, but as a member of a family and community system. Teaching the patient lifestyle changes to help improve their quality of life goes hand-in-hand with treating the illness. (higher learning facilities), and Specialty Fields.

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On the Horizon...

August 6 Celeste Brown - Hattiesburg Foster Grandparent Program

August 17 Rotary Foundation, Membership & Public Relations Seminar

August 20 Dr. Kipper Nelson - Southern Eye Center (August is Cataract Awareness Month)

September 17-22 Zone 30/31 Institute

September 24 The Honorable Lynn Fitch, Treasurer, State of Mississippi

September 26-29 Alligator Festival



Rotary Club of Hattiesburg

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Spokes Newsletter

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