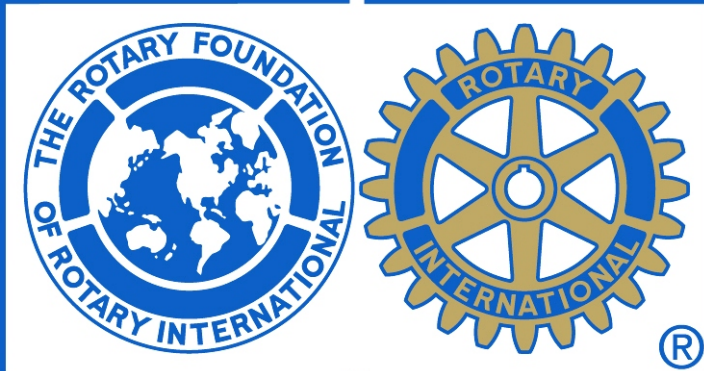


March 5, 2013

# SPOKES

The Official Newsletter of the  
Rotary Club of Hattiesburg  
District 6840, Club 04003



## 2012-2013

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## SERVICE ABOVE SELF

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## MINUTES: February 26

Maura McLaughlin presided over the meeting. Thanks to Allen Anderson, who gave the invocation and to Conrad Welker, who led the members in the Pledge of Allegiance. Thanks also to Hayden Mitchell and Sean Priebe who served as our greeter today.

Maura then led the Club in the 4-Way Test and then asked Chris Price to introduce today's guest. Elizabeth Gillentine is a guest of Scott Hummel

Chris Price reported on the work of one of the many groups organized to assist area residents after the devastating February 10, 2013 tornado. Just over 100 people in the group cleaned 341 homes and also cleared a number of streets. They helped serve meals and took leadership roles throughout the community. Many thanks to those folks and the many others who pitched in when they were needed the most.

Maura also asked four more club members to consider hosting a GSE representative in late March. A host for two has been secured. Transportation for the team and their luggage from the Hattiesburg area to Ocean Springs has also been secured. The group will visit the University of Southern Mississippi and possibly William Carey University. Anyone interested is encouraged to contact Maura quickly.

She also reported that the February board meeting was held earlier today. During that meeting the board approved a \$500 sponsorship to help offset the District Conference expenses. And finally, Maura noted that a new member will be installed at the March 5 meeting.

Corey Marsh then came forward and introduced today's guest speaker, Dr. Kathy Yadrick. Dr. Yadrick is associate dean for research in the USM College of Health and professor and chair of the Department of Nutrition and Food Systems.

Dr. Yadrick primarily reported on two research projects that have been underway throughout the Hub City as well as the states of Mississippi, Arkansas and Louisiana. The program's focus is the obesity problem that is being faced in these areas. Funding for the studies came from the National Institutes of Health and brought \$2.7 million dollars to the University of Southern Mississippi and the local community.

The approach for these studies is unique in that they were community engaged research projects. The researchers got involved with the people who are

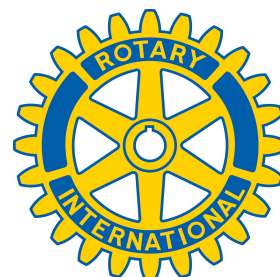
suffering from obesity or as Dr. Yadrick noted, the people who own the problem. The research studies had three major objectives; outreach, consult and then involve those who need the help.

The first of the two studies was a tri-state area study consisting of residents in the delta regions of Mississippi, Arkansas and Louisiana. Those involved in the research project had a measurable increase in activity levels, improved fitness, improved lipid performance, improved blood pressure and an improved access to fresh fruits and vegetables. In order to keep the research alive they developed local leadership, hired and trained 90 employees, created a youth health career development program and helped create a local health promotion infrastructure.

The local project is known as Hub City Steps. This five-year project had 267 total participants. During the research project they too saw a decrease in blood pressure, a decrease in Body Mass Index, and increase in lean body mass and they decreased their intake of sugars. The 267 participants lost a total of 457 pounds and decreased their waist circumference by 146 inches. The research project trained employees (coaches) improved access to local fitness facilities and promoted the use of the 20 – plus walking trails and tracks in the City of Hattiesburg.

Researchers are currently studying the data. They know for sure that both programs improved the health of the individuals involved and may have proven to make a measurable increase in the overall community's health. The researches want to be able to see which of the two programs was the most effective. Published results of both projects are expected to continue with the hope that the results will help change individuals facing obesity issues as well as their communities.

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



# Our Guest

Our guest is the director of Gentle Path, a Pine Grove Program. She is a native of Huntsville, AL, where she completed three years of study at the University of Alabama in Huntsville before finishing her degree at Montevallo University in Montevallo, AL.

Ms. Schiller taught School in Selma, AL for three years before getting her Masters degree in Early Childhood Education from Stanford, University in Stanford, CA. She began her family in New York City and taught in schools in Boston, MA, Huntsville, AL, and Redlands, CA. While raising three children, she returned to school, receiving her second Masters degree from The University of South Alabama, Baldwin County, AL, this time in Counseling. Ms. Schiller completed an Internship at The Meadows Treatment Center in Wickenburg, AZ and became a Therapist there.

In 2004, MS. Schiller joined Pine Grove and the Professional Enhancement Program as a Case Manager. She has since worked at Pine Grove's Gentle Path Program as Primary Therapist and Clinical Director, during which time she became a Licensed Professional Counselor (LPC) and Certified Sex Addiction Therapist-Supervisor (CSAT-S). Ms. Schiller has also worked in private practice as an LPC and CSAT-S.



## Upcoming Dates

March 12	Isaac L. Boose, M.Ed., LPC-S, LMFT, CCAP, "Burnout & Stress"
March 19	Carolyn Smith, M.A., LPC, CSAT, EMDR, Intensive Workshops
March 26	Carver Brown, Pine Grove Alumni Coordinator
April 2	Joe Paul, Ph.D., Vice President for Student Affairs, USM
April 9	Cindy Bivins, M.Ed., Interim Director, Director, Children's Center, USM
April 18-20	**District Conference**
April 23	"A Night in Italy" Fundraiser (No noon meeting)
April 30	The Honorable Lynn Fitch, State Treasurer of Mississippi
June 25	Awards Luncheon (Tentative)

New Member Installation!

## Janet Williams

Sponsored by Scott Hummel



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**EACH ROTARIAN:  
REACH ONE, KEEP ONE**

# Reminders

## **ROTARY DISTRICT CONFERENCE: APRIL 18-20**

Attendance requested by all Rotarians of District 6840. The conference is held at the Hollywood Casino, but the Friday night Food Fest and Talent Show will be held at the Bay St. Louis Community Center.

Conference registration is only done by sign-in sheet distributed to each club president. Hotel reservation information can be downloaded by clicking on the file name to the left of your screen. Be sure and mention the Rotary code when reserving rooms at the Hollywood to get the discounted room rate. Corporate and club sponsorships for the conference are still available!



## March 12

## Isaac L. Boose

Director, Gentle Path  
Pine Grove Mental Health



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