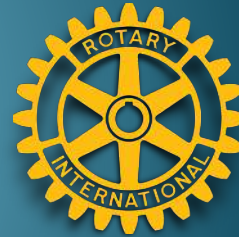




# SPOKES



NEWSLETTER OF THE ROTARY CLUB OF HATTIESBURG • DISTRICT 6840 • CLUB 04003

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Rotary Club of Hattiesburg  
629 North Main Street  
Hattiesburg, MS 39401

[www.rotaryofhattiesburg.com](http://www.rotaryofhattiesburg.com)



## MINUTES: September 2, 2014

President Wes Brooks presided over the meeting. Thanks to Mike Ratliff who gave the invocation and to Jerome Brown who led the Pledge of Allegiance.

Thanks to Jennifer Payne and Chrissy Cullinane for serving as our greeters today. Aaron Ladner welcomed all Rotarians and announced there were no guests today. He also informed every one of a few new "funny" holidays that he recently found out about.

September 5<sup>th</sup>- "Be Late for Something" day

September 28<sup>th</sup> – "Ask a Stupid Question" day

November 28<sup>th</sup> - "Your Welcome" day

This week's Fame Fee club member was Tracy Fowler and she was spotted on TV by Dan Davis.

Eric Graham reminded everyone to start bringing in supplies to help out the FieldHouse for the Homeless.

Amanda Butler Lee then introduced today's guest speaker, Steve McAlister. Steve opened his gym, "Versus Strength & Conditioning" in 2009. After being a very active child in boy scouts and working at his first job at Smoothie King, Steve realized that he wanted to do more in the field of nutrition and fitness.

His gym offers personal trainers, fitness plans in a group style or for individual needs, plus you can always work out on your own and he is always available to hand out lots of advice.

Some of his starter questions to members are:

- How do you look, feel and perform?
- How do you want to make it better?
- What diets have you tried? Have any worked for you?

The key to any nutrition and/or exercise program is Quality, Quantity and Timing.

Quality - choose fresh foods when possible and the more greens, the better!

Quantity - be mindful of the amount you consume.

Timing - try and eat around the same time each day. This helps with unwanted trips through the fast food express line.

Some other tips are:

- Drink lots of water every day
- Omega 3 Fatty Acids. If you don't consume enough of this, try taking fish oil supplements, but be sure to do your research on it. This is brain food!
- Get enough sleep each night. Between 7-10 hours.
- Sunlight is good for you, just be careful and remember the SPF lotion.
- If your stomach growls that you're hungry, eat. You are hungry!

The higher the activity level you have, the more calories you should consume and the lower activity level you have the lower calories you should consume.

Since water is such an important factor in our overall health, the amount of water that each person needs to drink daily varies.

Here is how to calculate how much water you should drink daily:

Your weight: The first step to knowing how much water to drink every day is to know your weight.

Multiply by 2/3: Next you want to multiple your weight by 2/3 (or 67%) to determine how many ounces of water to drink daily.

Activity Level: Finally you will want to adjust that number based on how often you work out. You should add 12 ounces of water to your daily total for every 30 minutes that you work out.

Fun Fact: There are more calories in a glass of sweet tea, then in 1 Michelob Ultra.

**Minutes provided by:  
Toni Lee on behalf of  
Lamar Evans, Executive Secretary  
Rotary Club of Hattiesburg**

## Andy Impastato

Vice President, Legal & Compliance  
BancorpSouth Insurance Services, Inc.

Andy Impastato serves as Vice President of Legal & Compliance where he is responsible for providing regulatory guidance on new legislation, HR management and benefits administration. Prior to joining the BancorpSouth Insurance Services team, he served as Manager of Legal Operations for Blue Cross & Blue Shield of Mississippi.

Impastato has been practicing law for over ten years and has a history of providing legal and compliance advice on employee benefits matters, including all aspects of health and welfare plan administration. He has public, private firm and in-house experience with a broad range of knowledge regarding general employment law issues.

Impastato is a member of the American Bar Association, its Section on Labor and Employment Law and its joint committee on employee benefits. He is also a member of the Mississippi Bar Association and Mississippi Corporate Counsel Association.

Impastato holds a Bachelor of Arts degree from Mississippi State University and a Juris Doctor degree from Mississippi College School of Law.

A native of Metairie, Louisiana, Impastato, his wife and their children live in Jackson, Mississippi.



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# UPCOMING

SEPT 16 Sara Case-Price, Dir., The Children’s Center

SEPT 23 Helena Lasseter, RN, MPH, Work Well/Wesley Medical Center

SEPT 30 Lloyd Munn, Dir. of Loss Control, BancorpSouth Ins. Svc.

OCT 7 Mike Lopinto, FestivalSouth

OCT 14 Mike Dixon, Extra Table

OCT 21 Dr. Wahnee Sherman, Mississippi Rural Physician Scholars Program

OCT 28 Dr. Trent Gould - The University of Southern Mississippi, College of Health



Guest and visitors,

Thank you for coming to visit with us today! Are you interested in finding out more about the Rotary Club of Hattiesburg? Are you interested in how you might become a member? Would you like to be contacted by one of our members to discuss this? If so, please fill in the blanks below and we will be sure to contact you. Again, thank you! We hope you enjoyed your time with us.

Your Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Questions/Comments \_\_\_\_\_