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An hour with Dr. Henry Lewis

By **Bonnell Holmes**
Editor

Students, parents and the community had an opportunity to hear FAMU President Emeritus Dr. Henry Lewis speak and, also, enjoy dining at the Brooks County High School Cafeteria on the evening of February 13. The event was hosted by Dr. R. Marie Horne of the Horne Foundation and was part of the observance of Black History Month.

Dr. Lewis inspired those pre-

sent with an overview of college criteria, scholarship availability, meeting career goals, and being successful and productive citizens.

Dr. Lewis is a civic leader in Tallahassee and brings a list of accomplishments. He is a graduate of FAMU, Mercer University and was the first African American selected to the Leon County Commission. He served as dean of Texas Southern University and dean of the College of Pharmacy at

FAMU.

All present were inspired by Dr. Lewis' address and left determined "to make the most of ones-self, help others and to reach for the stars."

Photo at right:
Dr. Lewis (L) presents Dr. R. Marie Horne with a plaque. The Horne Foundation hosted the February 13 event and is an avid FAMU scholarship donor.



*Sponsored Mentoring Event & Educational Sponsorship with
Florida A & M University President for Students & Parents*

HORNE FOUNDATION HIGHLIGHTS

TRIBUTE TO WASHINGTON STREET HIGH SCHOOL – ORIGINAL SITE FRONTAGE ACROSS FROM HORNE FOUNDATION SITE

Washington Street High School. An Enriching Secondary School Institution whose influence spanned the historical era between 1961 and 1973, spawned superior academic incultation in its superlative scholars, stalwart athletic prowess in its sportsmen and sportswomen and stellar pursuits in its “cadre” of Alumni and Alumnae.



Dr. R. Marie Horne stands where tribute engraving will be located at “Horne House,” site of Horne Foundation (of the hundred thousand bricks, many are from WSH and BTW schools).



An Hour With A University President Emeritus at BCHS. Dr. Horne/Horne Foundation sponsored cuisine and settings. The guest table above at BCHS was adorned with fresh red roses. Smoked salmon is topped by the cloches in the presentation.

Medical Messages

From a Doctor's Diary

By R. Marie Horne, M.D.

The celebration of Black History during the month of February, offers a medium for reflection upon the significant achievements of African-Americans, but it also affords an opportunity for all individuals despite ethnic origin, to reflect upon some salient philosophical concepts that affect us all. For instance, several events fashioned my development as a Physician Intern during my first post-doctoral year - two of which I shall share - protecting the anonymity of the patients.

I was vigorously summoned to evaluate and treat a "gentleman" in the cerebrovascular dysfunction sector (stroke unit) of the hospital while on-call one evening. My requisite duties entailed coverage of the Emergency Room for Internal Medicine cases, Internal Medicine wards, and alternate coverage with the Physician Resident for the Cardiac Care Unit which engendered a plethora of responsibilities; the stroke unit was supposed to be "manned" by the surgical Intern; on that particular evening, the surgical Intern could not be retrieved for evaluation of the elderly "gentleman" who was acutely agitated and diaphoretic; he had a mild partial hemiparesis on one side but had relatively adequate and intact motor response on the contralateral side - enough such that, when I calmly and sensitively asserted to him, "Sir, I need to elevate your blood sugar; if it becomes dangerously lower, it could be life-threatening; he comprehended.

Although he was hypoglycemic, he was consciously aware of his potentially compromised status; the patient engaged me in eye contact and muttered in an agitated tone and manner, in the commonplace ethnic slur and "don't touch me!" and then he followed his wrathful words with a brisk slap across my young face.

In my professional demeanor and instinctive, sensitive and dedicated manner, I spiritually, "turned the other cheek," resolved myself to help him, and re-assuringly announced to him, "I need to help you quickly, Sir, for your sake." The assisting nurse, a few years older than I (as I was the youngest Physician Intern in the program and the only Physician of my ethnic origin in the then socially conservative and vast hospital at the time.

Because part of my maturation

socialization as a child occurred during a relative conservative social period as regards human relations, I had assimilated the prevailing social and spiritual concepts of forgiveness. My parents taught their children to "turn the other cheek" and to try to travel the philosophical higher road thus becoming the better person!"

The second medical scenario involved an elderly, affluent gentleman whose reserved and genteel but conservative manner was obvious; he was well-spoken but candid and had instantaneously announced to me that he had never had a physician of my ethnic origin evaluate him; but he was intelligent enough to at least, initially comply with answering the barrage of thorough medical questions that I invoked in the diagnostic process.

This gentleman was intrigued by my obvious superior knowledge of medicine, method of thorough physical evaluation and general physician demeanor; my Physician Proctor had assigned me to the patient having been cognizant and confident in my skill as an AOA physician honor graduate and my assertive and sensitive approach. Ultimately, this gentleman remarked to my Physician Proctor as they both smiled, "I may have to trade Dr. Horne for you as she is quite a phenomenal physician," as I had made the crucial diagnosis in record time and with great sensitivity. I had made a significant difference in the management of both patients despite circumstances.

Quitman is the township from which I emanated as my ancestors did in the nineteenth century. I originate from basically progressive-minded, socio-culturally positive and spiritually-inclined lineage; as my parent's progeny, I am reminded daily at their legacy for positive change in sometimes conservative circumstances. Society in general has begun to assume a relative higher level of conscience as regards human relations.

Fortunately for our township, the majority of Quitmanites and Brooks Countians are fair-minded, operate within bounds of integrity, and reflect a sense of conscience. For the Blessings of mutually humanitarian respect among one another, where prevalent in our township, I am thankful and respectful! Those great and fantastic people in Quitman and Brooks County are its greatest resource and its true hope for its positive future!

Meet Dr. R. Marie Horne

Physician, Pharmacist, Philanthropist



When my colleagues and associates socialize, it is not totally professional "shop talk" always; while indulging in the usual culinary festivity and sensational conversation, we sometimes observe an amusing past-time of, "now it's your time at the podium" in which the others select an alphabet and then name, collectively, ten personality traits of the person at the figurative podium which she or he can in affable humor defend or challenge; although joviality is abundant, the rule is to be candid, respectful and objective with of course some subjective flavor; after all, comradery is therapeutic and we are all among well-wishers.

On one such occasion, they described me as "professional, philosophical, poised, prodigiously intellectual, persevering, perceptive, productive, philanthropic, passionately compassionate, and positive-minded;" after being momentarily pensive, I remarked, "my trait of being powerfully prayerful is a definite for sure." Most individuals whom I have the privilege of knowing well do observe those traits which confirm in me humility because one is only a positive force upon the universal order because of God's Grace and "His Grace is Sufficient!"

On the professional side: As a physician, I act with diligence and dedication to optimize the patient care process in comprehensive thoroughness; keen diagnostic approach and superlative therapeutic protocol is my professional forte; I seek to give my utmost professional attention whether a patient has a dollar or a million dollars once the patient care process is implemented.

In my personal estimation, professionals who are multidimensional, and diversified in positive life activities inclusive of socio-cultural enrichment, artistic expression (either as an observer or participant and not excluding the fine arts nor humanities), humanitarian service to society and Spiritual enlightenment, offer a more effective dimensional perspective to their experiential learning, which may contribute to their understanding of others and compassion for the human condition in general. Science, the arts, classical, neo-classical, and Victorian interior design, architectural design, culture, philosophy, history, genealogy, photojournalism, etcetera, intrigue me; I contribute as a physician and charity programs coordinator in my life context as a servant to society guided by Grace of the Holy Trinity.



Horne Foundation Honors

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Picture Inset: Doctoral Candidate Elizabeth Howell Tiller is a Charity Programs Coordinator, Medical Management Proprietor, a Thousand-Acre Farm Proprietor/Administrator, Photojournalist, and Philanthropist; Dr. R. Marie Horne is a Physician, Pharmacist, Collaborating Photojournalist, Philanthropist and Charity Programs Coordinator.

Picture Below: Horne Foundation Headquarters
Located @ 1600 South Washington Street
Quitman, Georgia



The "Stethoscope Series" Health Aspects of History

By Dr. R. Marie Horne, M.D.

Respectful appreciation of history - whether it be religious history, world history, American history, Georgia history, Brooks County history, Quitman history or one's own important family history - may be inspirational and dynamically influential on the mental, physical and spiritual aspects of one's well-being.

One of the inherent functions of a family unit - which encompasses both traditional core units as well as positive alternate family core units - is to instill in the child self-esteem, caring and respect. Respect that emanates from reverence toward Deity first, and then healthy respect for one's self, tempered with humility, engenders positive transference of respect to others.

Positive self-esteem leads to positive self-assertiveness and productive achievement in society, ultimately affecting every other individual that one interacts with; this positivism forms the basis of the bonds for the common concern that mankind should exemplify. Each and every time that we encounter individuals that are positive in being secure about themselves, positive about their daily life activities and proactive in their Spiritual faith concepts, we too, reap the benefits in the overall sense that they will tend to reflect that same kind of positivism in their service to mankind.

Integrity and purposeful action are solidified with each day of constructive daily activity - not denigration, not derision, not negativism. Contemporary youth assimilate our

concepts of self-esteem and respect for productive activity in formulating their own positive identities and ideologies - stratagems that equip them for life - in the best of times and unfortunately in the most horrendous of times.



In the social sense, family history is significant to one's appreciation of her/his genealogy; in the case of family, extended family and surrogate family, the positive principles and values inculcated in the child by the significant adult reinforces the child's sense of his/her significance in a connected unit' this awareness secures the child in his/her domestic environment; the importance of existing in a consistently secure, nurturing environment in childhood and adolescence is so significant!

Familial history is an important aspect with diagnostic implications, in the field of medicine and health care dynamics. Consider for example, the patient who indicates, "I am 'fit as a fiddle'" - obviating the need to remember to inform the physician that a male family member, perhaps an uncle or two succumbed to a "coronary episode" in their mid-thirties. The family history is so significant in that particular hypothetical scenario.

History, in all of its ramifications, impinges upon us socially, mentally, physically and even spiritually when we consider in the context of its significance to our very positive existence!

The "Stethoscope Series"

The Therapeutics of a Mother's Love

The "Stethoscope Series" By Dr. R. Marie Horne, M.D.

Mothers Day Observance is approaching! It represents a reflective period and time when we magnify our heart-felt sentiments to our mothers who procreatively gave us life and often to the maternal figures who contribute in some fashion to the positive aspects of our lives, in addition. As I appreciate the myriad mothers who embrace the maternal responsibilities attendant to the important life-long parental functions of nurturing, supporting and comforting their children, I am inevitably mindful of commemorating my own Dear Mother.

When you think of your mother, perhaps your reflections are deluged with sentimental thoughts etched in time and the repetitive descriptive references to her abounding qualities seem almost too numerous to adequately elaborate. A mother's love for her progeny is therapeutic because of her actual physical care for her child, the quality of her nurture upon development of her child's mind, her supportive comfort to the emotions that brings healing to the soul, and the effect of her own spirituality in providing a spiritual base for the spiritual growth of her child.

A mother's love is awesomely unselfish! In canvassing the thoughtful reflections of my three sisters and business colleague whom my precious mother thought of as our sister as well, their lives were so enriched by our mother's influence.

Their commentary is thus when we recently reflected upon various remembrances of her inimitable qualities. One described our mother as having such "wisdom and insight and a genteel nature." Another remembered her for her constant reminders that her prayer to God *even before we were born was that He allowed her with my father to mold our lives so that we would have "great impact in our service to mankind."*

One felt that her "sense of family life was so strong that it influenced just about everything in our lives for all of our life." One remembered fondly that she had "great integrity, a powerful work ethic, much dignity, fostered her children's education, gave service to her fellowman, sacrificed for her children and gave respect to others despite whether they were deserving or not."



Celebrity comes to town

By **Bonnell Holmes**
Editor

An actress, author, educator, advocate, former model and ballerina came to Quitman and Brooks County July 30. She was honored with a limo ride to and from the Atlanta airport, book signing and reception. The event was entitled "Hollywood at Home."

Dr. Victoria Rowell, probably best known in the local area for her portrayal of Ducilla Winters on the "Young and the Restless" TV show, was sponsored by QUOLA (Quality of Life Association) and its physician affiliates; Dr. Amanda

Brown and Dr. R. Marie Horne, proctors. Rowell is also famous for her Best Seller book, "The Women Who Raised Me, A Memoir", is founder of the Rowell Foster Children's Positive Plan Culture and Educational Enrichment of Children, cinema star in films with Jim Carey and Eddie Murphy, national spokesperson for Foster Care. Also, Rowell's California Italian villa was featured in Oprah's O Magazine Spring 2007 issue.

The celebrity was welcomed to Brooks County by County Commissioner James Maxwell. She expressed appreciation for

the gracious Southern hospitality and shared a few thoughts about her book and life to those attending the elegant reception at the Quitman Brooks County Museum and Cultural Center. Her presentation was followed by a book signing, significant in that the event was part of the Rowell National Book Tour.

Following the reception guests, from both Brooks and Lowndes counties, visited the Horne Foundation in Quitman where Rowell was presented into the Archway of Stars for her many contributions to society. She also continued signing her book.



Victoria Rowell, Dr. of Humane Letters, stands in front of the Horne Foundation during the Signature Book Signing of her novel

Victoria Rowell: Hollywood at Home

Celebrated Hollywood actress, author and advocate for children and international star, Dr. Victoria Rowell graciously honored Books Countians recently with the Quality of Life Association

(QUOLA) and Physicians Associates sponsorship in the National Books Tour travels. Scenes are pictured at right from this special and historically significant cultural and educational affair for our

township as we embraced the positive message of her New York bestseller autobiographical book, "The Women who Raised me, A memoir."



KK DeCarlo, a Valdosta State University student, is taking advantage of Colony's On-Line Banking service.

KK says, "I love Colony's On-Line Banking service. I can check my balance any time and almost anywhere; then I can call my Dad if I need a deposit." :)

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Left to right: Dr. Brown, Mrs. Williams, Dr. Rowell, Mrs. Wright and Mrs. Miller (QUOLA representatives with Dr. Rowell) at the Museum Cultural Center.



Ceremonious Archway of Stars presentation at Horne House, Horne House Foundation Headquarters, 1600 South Washington, for Dr. Rowell's celebrated credits for Hollywood cinema, daytime, prime time career as N.Y. Best Selling Author and as Advocate for Children in the International arena.



Dr. Rowell at the "Honorary Horne Table" at Museum and Cultural Center beginning her keynote address during the reception and Southern-Style Signature Signing



Dr. Horne and Dr. Rowell formally presenting the novel to Brooks Countians and Valdostans in front of the Museum.