

News from the faculty

Charlie Driscoll In June Charlie assumed the position of editor-in-chief of Resident & Staff Physician journal. The faculty's combined efforts provided a total of 20+ board questions for practice. In the fall he accepted a two-year mandate as head of the RRC which he will assume starting in January 2005. This is a great honor bestowed not only on him personally, but also on the residency: a well established, high quality and well oiled institution! **Charlie and Dean G.** have collaborated on several projects this year, including a co-presentation on *Leadership* at the June Residency Director's meeting, and co-authored the article *The Wheezing patient: Avoiding Diagnostic Missteps* published in the May 2004 issue of *Woman's Health in Primary Care*.

Dean Gianakos remains true to himself, thoughtful writer, skillful teacher and wise thinker. You can share some of his recent articles on malpractice in *Chest*. **Dean** is a member of the editorial board of *Patient Care* and has initiated an interesting column called *The 15 Minute Consult*. Under his guidance four residents have contributed to the column. **Dean** continues to be an active member of the hospital ethics committee and medical director of the Free Clinic. On the home front, it is always a pleasure to see his children who have such a sweet smile and an easy disposition. They quietly achieve excellence in their many spheres of interest: sports, music & academics.

Alex Wilgus was accepted in the one-year UVA Faculty Development fellowship under the leadership of Dr. **David Slawson**. Starting in the fall, **Alex** has spent Monday mornings in Charlottesville; the residency lost him for half a day a week and has acquired an expert at Information Mastery. **Alex** is also part of the team that is looking at the purchase of our much anticipated EMR/EHR (October 05), so he has traveled to different sites to look at options. **Alex and Anne's** plate is rather full with four children between the age of 10 and 3 years old: mom and dad have to attend to so many details. To break the routine, the six of them spent two summer weeks on the Outer Banks of North Carolina with their extended family. And for a quieter time in late fall they combined education and fun on the beach of Aruba.

It is hard to keep up with **Brenda Stokes**. She is frequently on the L&D floor, or about town wearing many hats as a dedicated community

educator. She has been on the school board advisory committee for many years and she is the LAM representative to the local obesity task force. She oversees the Tar War campaign in our public schools- a now well established initiative. **Brenda** completed the *National Institute for Program Directors Development* with a summer graduation. She is a certified PALS & ALSO instructor. She is also an item writer for the ABFP. Husband **John** continues to work as a home loan consultant and has formed a partnership between the business community and the schools. And **Andrew** (6) and **Thomas** (3+) visit us regularly, blond, active, curious and sweet little guys. Both already in school.

Bill Crow continues to coordinate our scholastic activity and as you read, we have definitely improved our output, with over 25 publications/presentations between all the members of the faculty. You may have read his article in the October issue (Vol. 36, No. 9) of *Family Medicine* titled: *Using "Pearls" to Ensure Learners Learn Key Information*- offering a series of nine pearls on screening, diagnosis and management of Prostate Cancer. **Bill** also received a certificate of appreciation for his participation in the AAFP National Research Network. **Bill** maintains his standing as the CME award winner for collecting the most credits of all physicians in Lynchburg! He continues to teach the oncology series and gets very high marks for being thorough and up-to-date. He attended the Oncology Update conference in Portsmouth, VA, in November. **Caroline** enjoys her part-time employment at the R-MWC college bookstore. Above all **Bill** and **Caroline** try to spend as much time as possible with their children and grandson William (4+), soon to be a big brother..

George Wortley...This has been another eventful year for **George** who continues to live the life of a 20 year old! Travels, family events, scholarly work and a lot of dedication and service to the community. **George** just returned from his sixth visit to the remote Mexico Copper Canyon for his annual medical mission trip to assist the Tarahumara Indian Tribe. Earlier in the year he went back to the Western Sahara Refugee Camps near Tindouf, Algeria to run the Sahara Marathon for the second time and provide medical care to the English speaking racers of the event- Americans, Canadians, Aussies, Brits and Kiwis. He ran through sand storms with 40 mph wind and had to irrigate a lot of sand out of eyes at the finish

Highlights

- The residency is alive and well! You'll recognize the same faces on the faculty! We have had a good and busy year and this Newsletter is to share some of the highlights. We heard from many of you, graduates, as you responded in large numbers to our graduate survey. Thank you!
- Actually it has been a beehive of activities: between all of the family there over 20 articles published, nearly as many presentations to major professional meetings, many board meetings chaired, and many countries visited. As I write, four of our own just returned from international ventures: Priya Sivaraman '05 from a pediatric rotation in India, George Wortley, Pat Pletke & Pam Herbert '06 from a mission in the remote Mexico Copper canyon to assist the Tarahumara Indian Tribe.
- In March members of the editorial staff of Resident & Staff Physician visited us: it was instructive for both parties. We presented them with proposed Board Q&A for upcoming issues: you'll find them in the May 2004, Vol 50, No 5.
- We did not write a book, but for David Gregory, Pat Pletke, Charlie Driscoll & Dean Gianakos it almost felt like it. The thick monograph on the Care of the Institutionalized Patient is in its last revision and should come out soon...
- To improve efficiency and quality of patient care, in July the residency started a "Coumadin clinic." Madhur Solanki '05 was behind the initiative. Becky Melton, RN is the nurse in charge of this service and provides the continuity so necessary for quality care. To date it proves to be clinically effective and financially rewarding.
- And who would have thought that we would be so busy with our OB practice that we have to occasionally close it to new OB patients. We are the only family practice in town that does low risk obstetrics and the demand for our services is quite overwhelming. It certainly provides good experience for the interns and brings along with it a very active pediatric practice.

line! He is still as passionate about adventure racing, and also with **Keith Ammon '04**, attended the Friday rodeo as often as possible finding many opportunities to stitch... **Susan** is now the "Wound Care and Ostomy" nurse at Centra. Towards that end she completed an 8-week course at the Cleveland clinic over the summer. Daughter **Erin** is enjoying motherhood with 2 yo Genna (of course the apple of her granpa's eye!), son **Michael** earned a masters degree in biomechanics at the University of Tennessee, Knoxville, and went on to teaching at UT-K, while working on another degree. Son **Andrew** graduated from Emory with a degree in Economics.

Pat Pletke celebrated her 20th anniversary with the residency. She successfully completed her recertification exam required to qualify for a special qualification in geriatrics. Daughter **Sara** (23+) is still in Boston, daughter **Monica** (22), a senior at William & Mary, spent her spring semester in Australia and son Andrew (17) is a Senior in high school at Holy Cross and working at the pet store. **Pat, Lisa Langenberg '97, Amy Grace '98 & Nicole Scanlon '06** attended the annual Birdsong conference. Later, **Pat** and I participated in an STFM conference in Chicago where we co-presented a seminar on *collaborative teaching*. She then traveled to Boston for a conference on infectious diseases, and for a chance to visit with daughter **Sara**. She left again joining **George Wortley & Pam Herbert '06** in their mission to provide medical care to the Tarahumara Indians. And again left with **Pam Herbert '06** to attend the conference "*Dilemma in Primary Care*" in New York City.

David Gregory has been pulled in many directions! He is certified as instructor in ACLS and course director for PALS, ALSO & NPR. So he has directed several ATLS & ACLS courses both in Lynchburg and at UVA. He took charge of the "co-production" of the clinical monograph for the AAFP Home study on the *Institutionalized Patient*. **David** has an interest in *Wilderness Medicine*; so he attended a "hands-on" conference in the wilderness of Kentucky in the fall, came back bruised but rejuvenated. As you will read **David and Claire** welcomed their first daughter. So David has devoted much time to his family: he is also coaching his two young sons in soccer.

It has become a tradition for **Bob Elliott** and **Brenda** to get away from the frigid winter of Virginia and enjoy a cruise: this year they visited Belize, Panama and Costa Rica, were delighted by the beauty of these islands and distraught by the poverty of their people. **Bob** continues to find his way to the preceptor's desk every Tuesday (he was the 2004 recipient of the *preceptor's* award), attends on the service every six weeks, and coordinates the journal club activity.

Thérèse "Sam" Namenek started the year with a weeklong trip to France, accompanying a delegation of local firefighters to our sister city of Rueil-Malmaison. She went back over the

summer for a restful family vacation. As in the past she tries to attend the STFM spring and fall meetings focused on behavioral sciences and family. This took her once again to Amelia Island, FL. in February, and to Chicago in September where she made two presentations- (one with **Pat Pletke** in Chicago). The family is well: **Rebecca (33) & Kevin (34)** are still in North Carolina- **Rebecca** doing research at Duke U Medical Center. **Kevin** manages his coffee shop in the quaint little town of Mebane. Their two children are blond as wheat, charming and precocious (grandma's talk!). **Todd (28)** moved to Reno, NV, in early summer with his girlfriend **Heather**. They are settled in their apartment at the foot of Lake Tahoe and the Sierra Nevada, and enjoy the beauty of nature and the challenges of their new jobs.

In the spring **Kit Nichols** accepted the position of director of the Health Department in replacement of **Joanna Harris**. After many years of clinical teaching at the residency Dr. **Nichols** is now overseeing and administering the public health of our large region.

Mike Gillette for City Council! In May **Mike Gillette** was candidate for the Lynchburg City Council facing two rather tough candidates and won by an overwhelming majority. He started his term on July 1. Also he, **Judy** and their two daughters spent a few summer weeks in Peru. How do I envy them!

Pat Crow remains very active in the circle of medical politics in Florida: he is doing much talking and consulting about the "New Medicare Bill" and how to make the best of it! He is also helping seniors with their medical/billing/drug and mistreatment by a system that is so broken. **Mary Kay** is back to fulltime EMT work. During the spring **Pat** had knee surgery for a "Baker's Cyst" and recovered quickly. Unlike many Floridians, **Pat & Mary Kay** survived two hurricanes that touched their area, suffering only minor discomfort. Over the summer he and **Mary Kay** took a trip west to California and Nevada to visit with family and with old friends, and again in November when the whole family gathered in New Hampshire for an early Thanksgiving.

Roger Hofford is still residency director of the Roanoke Program. In May, Governor Warner drafted him to serve on the Governor's Taskforce on Obstetrics and Pediatrics. In October the MCV/VCU class of 2004 honored him with the "*Best Teacher*" Award in Family Medicine. Congratulations, Roger!

Jim Wright – former teacher and former chair of our board of director- was the recipient of well deserved recognition for his dedication to the working poor. He has been holding a diabetic clinic at the Free Clinic for the last 17 years, and has been a leader in the creation of the Pharmacy

Access Coalition for indigent patients now known as Medshelp. These efforts have earned him the exceptional *Medical Society of Virginia Foundation 2004 Salute to Service* award. Congratulations, Jim!

Get well wishes to **Mike Okin, MD**, present chair of our board, who is recovering from his recent knee surgery.

The Internship Class

March 14, 2004 offered very good news! 100% match and LFMR was one of only 4 programs to match fully in Virginia. The class is very diverse as you will read, and no less talented:

Sharon Diamond, MD is a graduate of Eastern Virginia Medical School. She completed her undergraduate degree at William & Mary. She is engaged to **Michael Myrsten**. They are planning a spring 05 wedding

Abla Husseini, MD is a 1986 graduate of the American University of Beirut in Lebanon with a specialty in Pediatrics. For many years she worked for the Red Cross, for Doctors without Borders. She also taught at the University of Beirut and practiced pediatrics in different countries throughout the Middle East including Lebanon, Jordan, Saudi Arabia (she was selected by the US Consulate as their designated Pediatrician). Being fluent in three languages, **Abla** had an easy time moving to the US four years ago where she lived and practiced pediatrics in Northern Virginia. **Abla** is married to **Sam** and she is the mother of two school age children, **Zena & Adel**.

Joel "Joe" Hodges, MD is a graduate of Saint George's University in Grenada. He completed his undergraduate degree at Liberty University. Joe is a native of Lynchburg; he is married to **Jessica** and has two sons: **Tyler & Caid**. **Joe** spent a month with us as MS4 and impressed us by his maturity and the quality of his performance. We were hoping for his return as a resident and we are delighted that our wish came true.

Charles "Tate" Woodward, DO is a graduate of the University of Health Sciences College of Osteopathic Medicine in Kansas City, MO. He completed his undergraduate degree at the University of Oklahoma in Norman. He is married to **Jenny** and the proud father of a new baby girl **Sophia**.

Wedding Bells & Diamond Rings

Madhur Solanki '05 & Maryam were married on February 14 (Valentine day) in Harrisonburg, Virginia. Their wedding was inspirational and a showcase of beautiful Indian and Persian traditional fashion. They enjoyed a honeymoon in the Bahamas.

Rosemary Cruz '06 & Richard Harwood were married in a civil ceremony on April 10 and in a religious ceremony on September 18 in Annapolis, MD. **Nicole Scanlon '06** was one of their bridesmaids.

The Family Grows

Chris Hudson '96 and Denise announced the birth of their third child and second son **Clay Daniel** born March 10, 2004

Tate Woodward '07 & Jenny announced the birth of their first child, a girl, **Sophia Frances** born in Oklahoma City on March 26, after the match and before the Woodwards' made their move to Lynchburg

David & Claire Gregory announced the birth of their third child and first daughter **Eliza Rose**, born at Virginia Baptist Hospital on April 4

Amy Grace '98 and Geoff announced the birth of their third child and second daughter **Charlotte Christina** born (underwater) on May 14 in Oneonta, NY

Matt Johnson '00 and Suzanne announced the birth of their second child and first daughter **Erin Taylor** born on June 8

Kathy Arrington & husband Phil announced the birth of their 5th grandchild- and 5th grandson born on July 18

Teresa & Stuart Henderson announced the birth of their second grandchild and first granddaughter **Brena Riayn** born on August 20 at VBH

George Wortley and Susan announced the birth of their second grandchild and first grandson **Paul George** born on September 7 to their daughter **Erin**

Matt Edwards '98 & Michelle announced the birth of their first child, a daughter **Isabella Grace** born on December 7, 2004. They call her by the sweet name of "Abella"

Correction: Daniel and Helen Hey had a son in September 2002: His name is Samuel (not Jeremiah)

The Symposia

This year we held three symposia: A cross-cultural symposium in April, a mini-symposium on Bioterrorism in May and the Annual Family Medicine Symposium in June.

The 3rd Cross Cultural symposium "Caring with Awareness Conference: Focus on the Asian-American Patient" was chaired by **Priya Sivaraman '05**, a native of India. Indian Cuisine and Indian fashion modeled by **Priya** provided the backdrop for some serious CME presentations.

And tradition requires that the senior class select speakers while honoring them for their outstanding teaching styles: The 23rd Annual Family Medicine Symposium featured **Bob Brennan** (I.D.), **Chad Hoyt** (Cardiology) and **Chris Mawn** (ENT). We were further honored by **Dr. Bope's** visit, co-editor with Dr. **Driscoll** of the Family Practice Desk Reference, and former member of the American Board of Family Practice.

GRADUATION 2004 & AWARDS

Tradition, tradition! Once again we gathered at Boonsboro Country Club on the last Friday in June to honor graduating residents and their teachers. We said goodbye to a class of four; **Keith Ammon, Raena Pettitt, Terry Thompson & Linwood Watson**. **Raena** is the only one who kept her roots in Central Virginia, as she accepted a position as a member of the practice at the Gretna Family Medicine Center, a Centra Health facility half way between Lynchburg and Danville. **Terry** and his family went back to their old stomping ground on the Finger Lakes in New York State where he joined a small family practice group, **Linwood** went back to his hot and humid Eastern North Carolina, joining a rural family practice group and **Keith** decided on an ER position in West Virginia.

The graduation was well attended and awards were presented to the following teachers: The *Outstanding Teacher* award to the physicians at **Neurology Associates of Lynchburg (Drs. Wallace, Joseph, DeMarchena & Gress)**, the *Spirit of Family Practice* award to **Susan Hamilton**, social worker at VBH, the *Senior Residents' award* to **Dr. William Kittrell**, surgeon, the *Preceptor's award* to Drs. **Robert Elliott & Jim Pittard**, the *Staff of the Year award* to **Anmarie Kramer**, and the *STFM Resident Teacher award* to **Dr. Linwood Watson**

Obituary

Teresa Henderson's father, Dewey Adkins, died on October 8 at the age of 83 after a short illness.

Pam Enoch's mother, Doris Enochs, died on February 27 after a long illness.

News from the graduates

Early this year I spent an evening with **Jim Burns** and his wife **Susie**. **Jim** was a member of the first class (1975). He did not complete his residency in FP: instead he went on to complete a residency in Pediatrics at UVA, practiced Peds for a few years, went on to getting his MBA from UVA and is now the *Deputy Commissioner for Public Health Programs for the Virginia Department of Health*. You can imagine the scope of his responsibilities. He and **Susie** live near Charlottesville. Oldest daughter is in Los Angeles, part-time actress, part-time teacher, and second daughter lives in Boston- or is it Atlanta?

Len Cohen '77 has made a recent career move: he left his practice in Bedford to join an urgent care center in Lynchburg. He continues to wear many hats... Among them, this year again he was president of the Motorcycling Medical Association "Healers on Wheels", and again their June convention was held in Natural Bridge, VA. One of their main speakers was **George Wortley** who provided three hours of CMEs. Among the 50 attendees... motocyclist **Don Branson**: times have not changed!

Tired of paperwork, third party hassles and expensive overhead? **Andy Blay '79** started an innovative solo practice in Harrisonburg, VA. It is located in a "house setting" with same day appointment and walk-in clinic. No insurance provider: cash, check, credit card at time of visit. The only staff is a nurse. **Andy** feels that he is finally practicing "real medicine." And he and wife **Karin** sold their large home to move into something more modest: a simplified life seems a lot healthier.

Peter Bennett '79 is practicing acute care medicine in the small community of Fort Drum, NY and lives in the beautiful setting of Altamont.

Rick Larson '79 has been in practice for the last 4 years in Bowling Green, KY. He wrote some very kind and grateful words about his experience in Lynchburg. Thank you, Rick!

Mike Tomlinson '79 and his family live in Jonesboro, Arkansas (near my old stomping ground!). He sends news that he and **Pamela** married two years ago. Son **Nathan** is a sound/lighting engineer in Chicago and daughter **Rebecca** is a cop in Boone, NC

Paul Laughlin '80 and **Christy** have been in Georgia for the last 5 years where **Paul** works in an emergency department. Son **Seth**- now 30, graduated from ECU, has been working in New Bern and is getting ready to-or just tied the knot!

Charlie Barniv '80 is in solo practice in Destin, FL. Hurricane season: He and **Cindy** live in the hard hit area of Florida. I understand that the family rode out the storms from home as their dwelling sustained only minor damage, but neighbors were not so lucky. Life was certainly disrupted for a while with extensive power outage, fallen trees,

flooding, etc... As we all know, the practice of medicine has its rewards (the satisfied patient) and its frustrations (paperwork and reimbursement.) So aside from his practice of family medicine, **Charlie** is involved in some real estate venture. Sons **Ari** (10) and **Aaron** (8) are doing well.

Gary Levine '80 is still in Greenville, NC, as fulltime and senior faculty at ECU. He spends more time with medical students and coordinates the MS2 clinical skills course. **Gary** went to the AAFP meeting in Orlando helping moderate a session on *diabetes* in preparation for the ABFP on-line board exam. **Debi** still teaches at ECU, responsible for advising and coordinating the long-distance education. She also assists the Dean in the College of Human Ecology. Daughter **Arielle** graduated with honors from NC State (Communication/PR) and lives in Raleigh. **Katrina** is a senior and student ambassador at NC School of Science & Math in Durham.

Terri Johnson '81 moved from Florida to Southern Mississippi where he joined an FP group practice in Picayune.

Bryston Winegar '81 has practiced in Duffield, VA continuously for over 23 years. He is part of a multispecialty group. He also continues to work as nursing home medical director in a skilled facility with ventilator patients. He and **Ella** live just across the border in Kingsport, TN.

Dunk Carter '82 has practiced solo in Altavista for over 20 years: he and Dr. **Slusher**, also a solo practitioner, recently moved their office to a new medical center next to the Volunteer Fire Company. They just became part of the Centra Health practice network.

David "Tony" Clark '82 has been in solo practice for over a year in Midlothian, near Richmond. He has a nurse practitioner partner and is looking for a physician partner. He is very proud of his new office which is totally high-tech ("flat screens" in every room) and hoping to get his paperless office running soon. He is using FilmMaker Pro database which he wrote for an EMR. Technology seems to provide **Tony** with more time to be with his patients and practice "real family medicine." Wife **Tracy** and three daughters (**Havens-6** in 1st grade, **Willoughby-4** and **Cici 2** home alone with mom) are doing well.

Kitty Luth Humphreys '85 has been with the Moneta practice for the last 18 years. She gives good news of the family: son **Matthew (20)** is in army reserve, ROTC and attending Longwood College, **Elena (18)** attending Washington College, **Nick (16)** and **Cher (11)** in local schools. **Husband Jamie**, commutes from Northern Virginia where he is a computer network specialist. **Kitty** has taken up a few adventurous hobbies (rock climbing, waterskiing) and raises Chihuahua pups and miniature goats. Plate is full!

In the fall **David Randolph '86** and wife **Renita**

moved to the Richmond area to spend more time with their family. **David** left a thriving practice with Oncology & Hematology Associates in Salem, VA, and also behind many grateful patients who have been under his dedicated care.

The last I heard from **Colin Green '87 (Colonel Greene)** he was back in Fort Bragg and with his family after spending almost a year away in Kuwait (3 months) and near Tikrit in Iraq (8 months). There, he was in charge of a branch of the 28th Combat Support Hospital. He is presently Director of Primary care for Womack Army Medical Center, but the situation can change over night. Are you still on US soil, **Colin**?

Linda Beahm '88 has been with the Moneta practice for over 15 years. She has a strong interest in hospice and received board certification in Hospice and Palliative Care Medicine. **Husband John** works in Roanoke for a company which makes seed loans for small businesses. **Eli (8)** and **Nathan (6)** delight their parents with their curious and creative spirit and wonderful quotes.

Chris Voge' 88, Pam and family are still on the West Coast in Arroyo Grande. Good news from the family: **Julia** got married over a year ago, **Alex** is way past his high school years and **Caitlin** is doing well.

Cindy Headley '88 and Steve have good news to share; **Allison** having graduated in May from college moved to Seattle and is working as editor for a newspaper. At Thanksgiving **Rudy** "proposed" to her on top of the Empire State Building and the event was televised on the Today Show. They are delighted to welcome a new son. **Kristen (14)** excels in music and sports: she plays violin and flute in several bands and orchestras, and gives play to her passion for basketball and volleyball.

Ed Robinson '89 sent his annual good health report: he is still practicing in South Carolina, near Myrtle Beach in a fully computerized office. He has become a serious runner going from minor league (5K) to major league (marathon+). He pursues his old hobbies as well: photography, tennis and (I assume) the pleasure of fine dining!

John Hoffman '89 and Renea finally sold their Appomattox home and moved to Lynchburg. **John** is still busy with his Appomattox practice (commutes every day) and working also with **Don Branson**. And for relaxation: hunting, fishing and a little mandolin playing. The children are doing well. **Sara** went to Scotland with her EC Glass theater group, and **Julia, Emma and Hank** are all involved in athletic activities and succeeding in their respective sport (track/swim).

Keith Metzler '89 and Susan are definitely settled back in the area. **Keith** is working at the Urgent Care Center in Amherst- a practice own by **Matt Tatom '93** (in what used to be Dr. **Leonard's** office). **Sherri and Lauren** are in college and beyond, while **Kristin and David** attend public

News from the graduates cont.

school in Lynchburg.

Jerry Price '89 has been with the Emergency Department for the last 15 years, and residents really, really appreciate his teaching and his demeanor. He now holds a special qualification in hyperbaric Medicine. He, **Dawn** and family of four moved to a new house in Forest. Children are doing well at school and in sport activities

Jeff Gogel '90 has remained true to his medical tradition and runs a solo practice in Forest, VA, with emphasis on osteopathic manipulation, counseling and exercise prescriptions.

Karen Johnson '90 & husband Rick have enjoyed Colorado living for the past 14 years. **Karen** is in an FP group she really enjoys, **Rick** has a marvelous job with Seagate as a computer hard drive specialist, and **Ryan** (8) loves school and is a great soccer and baseball player says Mom.

Chandra Shekar '91 has been solo practitioner in Kirkwood, MO, for the last 13 years. No visit to Virginia from the Shekars this year, but hopefully this is in the plan for the near future!

Ginger Blanks '91 has been with the Moneta practice for the last 13 years, juggling part-time work and caring for her five children.

Holly Smith '92 had been practicing solo in Rural Retreat for the last 12 years and was finally joined by a partner last spring. She and **Jimmy** celebrated their 10th year anniversary and daughter **Emily's** 7th birthday!

David Waller '92 is part of a FP group in Suffolk, VA. He and his family live in Smithfield. **David** is proud of daughter **Danielle's** achievements as she was accepted into the Governor's School of Performing Arts.

Edwina Wilson '92 has been doing locum work for the last four years in North Carolina. She lives in Franklin, VA. We missed seeing her at this year's symposium!

Sharon Duclos '93 has been with the same practice for the last 11 years in Waterloo, IA, a federally funded Community Health Center, and she lives in nearby Cedar Falls. Life is uneventful!

Cuong Do '94 works for a multispecialty group in Alexandria, VA, while wife **Thi** has opened a solo office which they both renovated. Annual pictures of the children remind us how fast and beautiful they have grown: **Austin** (7) & **Ian** (4)

Over the summer **Valerie Renninger '94** left the acute care side of the emergency department at LGH and joined the staff of the Johnson Health Center, a community health center under the directorship of Peter Houck. Daughter **Claire** will soon be a big sister.

Richard Elsea '94 continues to practice on the

other side of our mountains in Swoope, VA, a small rural community. He is more than busy with his practice, wishing for at least one partner (he is on call 24-7 x 365... and that is a lot of calls!) and less paperwork! Daughter **Sarah** is now a teenager

Lon Morgan '95 & Deena are building a new home in Winston-Salem, NC, hoping to move in the Spring. The three children are doing well; **Caroline** (8) and twin sons **Grant & Evan** (5).

For **Chuck Judy '95, Donna** and family who live and work in Radford, VA, "life is good"

Becky Young '96 is still practicing in Hurt, VA, with **Bob Elliott & Susan Hundley '00**. She is a member of the LFMR board of directors representing the rural practices of the area. She and **Bill** have reached a new chapter in life now that their three children are young adults. **Suzanne**, the singer, is considering pursuing a Master's degree in literature, **Shannon** is working full time in the development office of Randolph-Macon Woman's College and **Andrew** just graduated from Longwood with a double major in communication/Tech Theater.

Lisa Langenburg '97 continues to practice full-time in Grosse Point, Michigan. As mentioned earlier she attended the Birdsong conference with **Pat Pletke**, etc. Husband **Scott** is finally facing a less hectic schedule as a pediatric cardiology surgeon: the two of them spent a vacation in Hawaii- without children. They just moved into a new and larger home still in Grosse Point.

Amy Grace '98 and husband Geoff continue to enjoy life in Upstate New York. **Amy** took a maternity leave after the birth of baby **Charlotte** and returned to work in August. **Caitlin** (5) and **Geoffrey** (3) keep mom and dad quite busy!

Dan Johnson '98 is still very busy on the Acute Care side of the ER. He continues to be most active and dedicated to teaching the residents (ER attending and lecturer). He is also an active member of our board of directors. Behind the scene **Dan** remains one of the very strong and loyal supporters of the residency and visits us frequently. **He and Cathy** graciously offered the use of their speed boat to the residents during their fall retreat at Smith Mountain Lake. On the home front, he and **Cathy** are very proud grandparents.

Monique Gibson '98 is still in Grants, NM. She received a grant targeting the Navajo population to help curb the incidence of Diabetes and its devastating effects.

Kim Combs '99 & husband Matt are busy with their two active boys (**Avery** 6 and **Grayson** 3) and their two career family. **Avery** is attending Holy Cross School. **Matt** is doing well with his company Bioscan- located in Georgetown- which explains that he must travel extensively, and occasionally go to dream spots such as Puerto Rico.

Until the fall, **Daniel Hey '00** remained in his solo practice in Sedalia, between Bedford and Big Island. The local TV had featured his "Doc Hollywood" style of practice in very complimentary terms and toured us around his quaint little office. But medical economics do not support such positive endeavors and **Daniel** moved on and joined the Wiggington Road Family Practice in Lynchburg.

Betsy Cook '01 was the first full-time FP physician to be hired as a Hospitalist at LGH after graduation: she paved the way for many to follow and proved that family medicine training is well suited to fulltime hospital work which is where she devotes her fulltime professional life.

Bob Armock '01 & Alice decided that Lynchburg is still a good place after all. I run into them occasionally as they rollerblade down the street... **Bob** is leaving his partners in Rustburg for a fulltime position as a Hospitalist, while **Alice** continues to write and reach for the stars.

Kori Jackson '02 and David continue to enjoy country living on their 10 acres near Brookneal and their large family of four legged creatures. But **Kori** has also faced some difficult moments: first she got bit by a rattle snake and shortly after, her father died. Hopefully life has returned to normal!

Anitha Lokesh '03 & husband Lokesh have established roots in Winston Salem, NC. They built a home and moved in over the summer. **Anitha** is enjoying her practice which includes OB, and computer savvy **Lokesh** is working for the city of Winston Salem. The children are doing well under the day-time care of their paternal grandparents.

Lin Nguyen '03 & Doan send us regular pictures of their little **Adora**. They are now living in Wichita Falls, KS, and **Linh** works at Sheppard Air Force Base.

Mike Cook '03, reservist, was called in June to serve in Iraq where he provided medical care at the Abou Ghraib prison. He left behind his pregnant wife, **Becky**, who is due early 2005

Twanna Dixon '03 continues to practice in Windsor, NC. She is currently Chief of Medicine at Bertie Memorial Hospital

Raena Pettitt '04 is enjoying her group practice in Gretna. She and husband **Dan** purchased a home in a new community in Evington and just moved: they have become close neighbors with **Dan Johnson '98 & Kathy**

Linwood Watson '04 saw his "Case Report" *Fever and Abdominal Pain: A Surprising Case of Ehrlichiosis* co-authored with Dean G., published in Vol. 50, No 9 of Resident & Staff Physician

News from the present residents

Sharon Diamond '07 and **Nicole Scanlon' 06** accompanied **Charlie Driscoll** and participated in the recruitment fair in Kansas City in July. There **Sharon** was honored by being the recipient of the AAFP *minority scholarship*. She is also *resident representative on the Committee on Special Constituencies* and will sit on the *Subcommittee for New Physicians and Bisexual, Lesbian, Gay & Transgendered Physicians*.

News from the nursing & lab staff

Becky Melton, RN was the recipient of the *2004 Craddock-Terry of Excellence in Nursing Practice* award. She was recognized for her outstanding achievement at a dinner on October 28. Congratulations, Becky! At a late summer picnic, awards were presented to the following nurses: **Debbie Greenway, RN** with the *Clinical Employee of the Year* award, **Krystal Defibaugh, RN**, with special recognition as the only nurse at our Big Island center and **Cindy Yuille, LPN** at the Lynchburg Center. **Debbie Greenway** attended the RAP conference in Kansas City with **Brenda Stokes** planting the seed for our coag clinic. The project took off: she wrote about its success in the *Association of Family Practice Residency Nurses' newsletter*. **Debbie** travels extensively these days, biggest fan of her son Brad Butler #69 on the UVA football team...

In addition to fulltime nursing and patient educating at LFMR, **Carol Riggins, RN**, is pursuing her Master's degree in nursing at Liberty University. She also works part time with hospice. **Carol**, where do you get all this energy?

Barbara Vaughter, LPN, continues to manage the prescription assistance program for indigent patients. The paperwork has increased (of course!). With 30 patients enrolled she easily fills 50 to 70 prescriptions a months. On behalf of these patients, thank you, Barbara!

Brenda Booze, RN, who loves the sun, enjoyed her spring vacation with husband **Richard** on the Island of Saint Martin. She continues to coordinate the OB practice and teaches our breast-feeding class.

Pam Logan continues to work in her little space: 30,000 tests have been performed

over the course of the last 11 months (yes 30,000!). **Pam** gets very high marks for her teaching: medical students are especially grateful for her dedication. Daughter **Elizabeth** is in college at Va Tech and the separation is a bit hard on mother and daughter. Happy to report that daughter **Kathryn** is in full recovery, as well as mom.

News from the administrative staff & the front office

Cindy Allen is the first person to greet you when you enter the office. She keeps her desk impeccably clean (and gets teased for it!). I admire her patience as she battles with the New Innovation Program which is supposed to "help" with scheduling, documentation of experience, evaluations, etc. **Cindy** and her boyfriend interrupted the monotony of winter with a vacation on the island of St Lucia. They had a wonderful time!

Teresa Henderson has been very active in the leadership circle of administrative professionals. In June she was named vice-president of the Lynchburg chapter of the International Association of Administrative Professional (IAAP). In March she & **Kelly Brooks** made a presentation on *Negativity*

in the Workplace to the Centra Health Office Managers.

Kelly Brooks is a talented "multi-tasker" as she "manages" the office staff with a smile. Her article *Saving Time in the Front Office* was accepted for publication in the *Medical Office Manager Monthly*. **Kelly** attended the *Athena Super User Conference* in Boston over the spring. She has been recognized for her leadership by the MSO department and received the *Office Manager of the Year Award*.

Alice Plott was recognized as the *Big Island office coordinator employee*, while **Kathy Arrington** received the *clerical recognition award* by MSO.

And of course **Mable Foster, Tammy Combs** (who lost 120 lbs+ after her springtime gastric by-pass), **April Ellis, Pam Enochs, Pam Miller** in Lynchburg and **Alice Plott** at Big Island have remained a stable and experienced team. **Donna Jackson & Dolores Smith**, in their quiet office "upstairs" are still trying to make us rich negotiating the impossible paper maze!

As you can tell both the office and the nursing staffs have been very busy and showered with well deserved awards. Our office serves as a *model office* for the Centra Health Outpatient Practices and it appears that we are living up to the challenge.

It is time for me to close. I wish you and your family a fulfilling and happy new year.

As always remember to mark your calendar:

April 27, 2005 – Lynchburg General Hospital Auditorium
4th Annual Caring with Awareness Conference:
Focus on the Adolescent Patient

April 29, 30 & May, 2005- The Homestead Resort, Hot Springs, VA
Twenty-fifth Annual McLemore Birdsong Pediatric Conference

June 24, 2005- Craddock Auditorium, Virginia Baptist Hospital
24th Annual Family Medicine Symposium

July 1, 2005
30th Anniversary of the Residency...

And as always, I stay in touch... so you stay in touch!



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