

## News from the faculty

**Charlie Driscoll** was voted as one of two of the Virginia physicians on the Best Doctors in America list in the January issue of *Virginia Business*. Another Lynchburger and residency attending **Tom Nygaard** received this honor. As in the past **Charlie** has been on the road attending national board meetings as well as presenting workshops. With **Dean** he presented a workshop on *The Impaired Resident* at the Annual Conference of the Association of Family Practice Residency Directors and a seminar on "wheezing" at the fall AAFP Scientific Assembly. He was chosen for the editorial board for *Resident and Staff Physician* journal. **Charlie** continues to be involved in the high circle of medical education: he was elected Vice-Chair of the RRC Board for Family Practice, a committee that reviews program accreditation. He is also a member of the ABFP board examination scoring committee. He is remarkable in his ability to be available at two places at once and at bringing us up to speed on curricular and accreditation issues. Our residency benefits greatly from his expertise. On the home front it has been a stressful and painful year for both **Jacquie** and **Charlie**. **Jacquie** who suffers from a degenerative neurological disease has seen her health deteriorate over the course of the year. She now needs around the clock assistance and **Charlie** has been a most dedicated and attentive husband. They both are an inspiration and a model of courage in the face of life adversities.

**Dean Gianakos** continues to work efficiently in his corner office. **Dean** and **Charlie** attended the AAFP Scientific Assembly in New Orleans where they presented a two-hour seminar on *The Wheezing Adult: Avoiding Miststeps in Diagnosis and Management*. At the conference **Dean** ran into **James Frost '99** (who is still in Germany with the military) and **Richard Elsea '94** (who still practices on the other side of the mountain in Churchville, VA).

**Pat Pletke '81** is still on her same schedule of precepting and clinical work. She was elected to serve on the executive board of LAM. She spent 10 days in Haiti visiting a third world culture as part of her parish ministry. In addition to taking some goods (a sewing machine, medication, etc.) she had an opportunity to provide some limited medical care to very impoverished people, and to offer a helping hand. She visited Mother Teresa's home for children and described the most deplorable, hopeless conditions for these children whose families are too poor to care for them. Daughter **Sarah** graduated magna cum laude with a degree in economics from Duke University and accepted a position in Boston. **Monica** is still at William & Mary, now a junior majoring in psychology. She is getting excited about her upcoming spring semester in Australia, **Phil's** birthplace. **Andrew** a 10th grader at Holy Cross participated in the summer program of the Governor's school of Science at Lynchburg College where he spent 3 weeks as a residential student.

**David Gregory** is one of 51 physicians nationwide to participate in the 2002-03 National Institute for Program Directors Development, sponsored by the Association of FP Residency directors. He completed two projects: a self-selected scholarly activity and financial projects on the economics of the residency and graduated in June. **David** is in charge of coordinating the ALSO course which is now offered locally. In view of a successful first run he is working on the 2004 course.

**Alex Wilgus '96 & Anne** were finally able to make the move to Lynchburg (actually Bedford County) after years and miles of commute from Bedford City to the Lynchburg office. So they have a new home with a large yard facing a lake for their growing family of children and pets. Their four children (10, 8, 5 & Caleb, age 2 their foster child) are delightful and doing well. **Alex** is

## Highlights

- As you may notice we are changing our name to Lynchburg Family Medicine Residency, LFM, in compliance with the mandate of our organization, a name that better reflects the identity of our specialty. But our mission to educate, motivate and inspire the next generation of family physicians remains unwavering...
- Book sales of the *Family Practice Desk Reference, 4th edition* have gone very well with a large number of copies sold. Dr. Ed Bope, co-editor has agreed to be one of our 2004-symposium speakers.
- In May, Centra Health facilities underwent a JCAHO review, and the residency was designated as headquarters for the three-day exercise. The results were gratifying as we received very high marks...
- We are pleased to announce that the residency was successful in competing for a \$200,000 Title VII grant in the area of improving geriatric training. Unfortunately the grant was not funded, insufficient funds were available, but we were pleased to be recognized for our effort and will try again.
- The residency remains a hub of activities for pre-med and medical students. In addition to our on-going contract with UVA, a relationship has been established with MCV and with a few other medical schools.

our technological wizard on the faculty, and without his competency, patience, interest and devotion I am not sure where we would be with information technology in our practice. To that end he attended a meeting in San Antonio, TX, in his role as committee member for the Centra Health search for a new management system. Besides the energy it consumes to take care of the family **Anne** is also a graduate student in the English department at Hollins University, and seems to really find this program most challenging and rewarding. In early fall, **Alex, Anne** & family combined work and leisure and spent two weeks in Hawaii. And **Anne** will be starting the year in Berlin, Germany.

**Bill Crow** 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 Randolph-Macon Book shop. Son **William** is now Assistant Director for Art Education at the Metropolitan Museum of Art in NYC. **Bill and Caroline** delight in the achievement of their little grandson Jack (3) who is already a wiz on the computer, and a budding musician on the drums. The three generations of Crows enjoyed a family vacation in Nagshead over the Summer.

## News from former faculty

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**Pat Crow and Mary Kay** are still active Floridians, and **Pat** is in the thick of activism as it relates to health care reform. He teaches a class twice a year on the Health Care System and dealing with its adversities, and is frequently called upon locally and beyond to discuss models of health care delivery. He also provides a service to seniors helping them scrutinize their medical bills for unfair or incorrect billing. On the family front **Pat and Mary Kay** get to see children and grandchildren in spite of long distances to travel. They are expecting a third grandchild early this year. Late October **Pat and Mary Kay** went to Columbia for **Pat's** 40th med school reunion... None of us are getting younger!

**Mike Okin** continues to chair our Graduate Medical Education and Advisory Board. He maintain his busy practice next door.

**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 line! He is still as passionate about adventure racing, and also with **Keith Ammon '04**, attends 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 and will be entering the Peace Corps this spring.

**Robin** graduated from W&L and is taking a break from educational pursuit: she is a rep for the local Lincare. **Harrison** is a junior (economics major) at Mary Washington University. He spent some time in Romania this summer on a humanitarian mission. **Debbie** works at the Rehab Center next door. We get to see her occasionally.

**Roger Hofford** is now director of the Carilion FP residency in Roanoke and on the faculty of the newly founded Edward Via Virginia College of Osteopathic Medicine. Roger had worked very hard to seeing this DO school nourish the southern Virginia pool of physicians, and looks forward to its 2006 first graduating classes. **Cyndy** pursues her studies in library sciences at the University of Maine and daughter **Laura**, now a senior at Virginia Tech, will graduate with a degree in technical theater.

**Brenda Stokes '99** and John moved to a new home off Langhorne Road, equidistant to the two hospitals. If you want to learn to juggle, just watch **Brenda** who can manage skillfully her practice (including ob), her teaching, a family of four and an active community service calendar. **Brenda** attended her first of three meetings of the National Institute for Program Director Development (NIPDD) in Montreal. She found it most instructive and is planning on pursuing this director's training over the next year, as did **David Gregory**.

"**Sam**" **Namenek** is still here, surrounded by family pictures of her growing family. Granddaughter **Anneke** (22 months) is of course the most beautiful and precocious little one, and grandson **Ethan**, too young yet to offer a smile. **Sam** traveled a few sky-miles to Paris in the spring and to Chicago in the fall. As president of the Lynchburg Chapter of "Sister City" she led a small delegation to Paris (and is getting to go back early January for a week), and with **Pat Pletke** attended the annual forum for Behavioral Sciences in Family Medicine. She remains quite busy with her same teaching and administrative tasks. The flow of medical students has increased as, in addition to UVA, we now have a contract with MCV to host one MS3 eleven months/year.

At the end of September "**Pete**" **Hancock** retired after 44 years of pediatric practice, and 25 of those at the Health Department. The residency presented him with a plaque in appreciation for his many years of teaching residents.

And our community bid farewell to **Dr. Joanna Harris**, director of the health department, who has, from its inception, supported the residency and contributed to the residents' education. After 32 years, retirement is a reward well deserved and she was duly honored by her large staff and thanked by our mayor with the words "she has done it with grace, she has done it with dignity and she tells it like it is..." I could not agree more! But she has not been replaced yet, so she will continue to give some of her time until a replacement is found.

## THE MATCH

Mid-March we went through our usual state of anxiety to be rewarded by the news of a “perfect” match. And our wish list was granted. The class of 2006 includes **Pamela Herbert** who received her undergraduate degree from Washington & Lee University and her graduate degree from Georgetown University; **Chad McCreary**, undergraduate degree from the University of Kentucky in Lexington, graduate of Pikeville School of Osteopathic Medicine; **Nicole Scanlon**, undergraduate at Randolph-Macon Woman’s College, graduate of Eastern Virginia Medical School; and **Zoë Salgado**, undergraduate at Florida International University and graduate of Ross University. In addition a position was offered to **Rosemary Cruz**, who had impressed all of us during a 4th year clerkship in Lynchburg. She completed her undergraduate degree at George Washington University and earned her medical degree from SABA University.

## News from the residents

**Raena Pettitt ’04**, chief resident went to the Chief resident meeting in Kansas City. Her mother and sister were able to join her.

**Keith Ammon ’04** has gained fame at the weekly Friday rodeo. **Keith** enjoys the thrill of the sport, and the opportunity to practice emergency procedures. **Keith** also completed a course in Advance Trauma Life Support and was recommended as “Instructor Potential”. He is scheduled for that training in January.

**Linwood Watson ’04** has been scholarly in his pursuits and his paper *Ehrlichiosis: A Surprising Case of Abdominal Pain* co-authored with **Dean Gianakos** has been ac-

cepted for publication in the March issue of Resident and Staff Physician. **Linwood** is a passionate advocate of preventive medicine (-have you had your tetanus shot recently?); he, and an artist friend, created a series of three antismoking posters targeting the Native American population. His marketing has been very effective and those posters are powerful.

**Rosemary Cruz ’06** and **Nicole Scanlon ’06**, accompanied by **Pat Pletke** attended the Annual AAFP Resident & Student conference in Kansas City: this was an opportunity to recruit future residents and to immerse in the FP culture.

## The Cross Cultural Symposium

In its second year the symposium now aptly titled “Caring With Awareness Conference” was held on April 30 at Craddock auditorium, VBH. **Twanna Dixon ’03** assumed responsibility for identifying speakers for the symposium’s focus on the African American Patient. **Steven Owen, MD**, deputy director of the Health Education Division for the National Association for Equal Opportunity in Higher Education and a graduate of ECU & the FP residency

in Fayetteville, NC, was our first speaker, followed by **Karen Smith, MD**, Medical Director of the Carolina Family Care Center in Raeford, NC, where **Twanna** had spent an elective month. **Golden Bethune, RN, MSN** Centra’s Senior Vice-President of Nursing brought home the issues of care of African American patients. A panel of the four concluded the conference. It was well attended, and certainly an eye-opener to many of the attendees.

## END OF THE YEAR EVENTS

June 27 marked our traditional crowning of the academic year with the Family Medicine Symposium, Graduation and Award Dinner.

**THE 24TH ANNUAL FAMILY MEDICINE SYMPOSIUM** was again an opportunity to showcase some of our local teachers: chosen by the senior class were **Bill Albers** (orthopedics), **Daryl Gress** (neurology) and **Janet Hickman** (dermatology). In addition we were privileged once again to be visited by a former member of the AAFP Board of Directors and a very active member of the Future of Family Medicine committee. **Debra Haynes** and her surgeon husband, **Larry Beamer** gave a team lecture demonstrating collaboration between our two specialties.

Later that day the **27TH COMMENCEMENT CEREMONIES** were held in the beautiful estate of Boonsboro Country Club. We said goodbye to our large senior class: former chief resident **Mike Cook, MD**, former vice-chief resident, **Anitha Lokesh, MD**, **Brigitte Small, MD**, **Twanna Dixon, MD** & **Linh Nguyen, MD**. Where did they go? **Mike** stayed in Lynchburg to work as a hospitalist, **Anitha** located south of the border in Winston Salem, NC, where she includes ob as part of her practice, **Brigitte** joined a practice in Kilmarnock, on the Eastern Shore of Virginia, **Twanna** joined a practice in Windsor, NC and **Linh** joined the Air Force and started his commission in September. At this time he is based in Texas.

**SEVERAL AWARDS** were presented by the residents to their teachers and mentors. The *Teacher of the Year* was presented to **Shawn Hayes** (internal medicine), the **Senior Residents’ Award** to **Janet Hickman**, the *Staff of the Year Award* to **Mabel Foster**, the *Preceptor’s Award* to **Dean Gianakos** and the *Spirit of Family Practice Award* to **Bill Crow**. On behalf of the faculty **Dr. Driscoll** presented **Twanna Dixon** with the *STFM Resident Teacher Award*. He also presented **Janet Hickman** and **Honorable Preston Bryant** with the *Director’s Award of Merit*. **Preston Bryant** was selected by the senior class as their graduation speaker for his effective legislation on behalf of International Medical Graduates.

## The family grows

**Daniel Hey '00** and **Helen** announced the birth of their second child and first son **Jeremiah** born in October 2002

**John Paul Jones '94** and **Alice** announced the birth of their third son **Travis** born on New-Year's eve 2002

**John Olmsted '01** and **Angela** announced the birth of their second child and daughter **Elizabeth Grace** born on May 27 at Virginia Baptist Hospital

**Ginger Blanks '91** and **Greg** announced the birth of their fifth child, and third daughter **Jesse Jane** born in May 2003

**Linh Nguyen '03** and **Doan** announced the birth of their first child a daughter **Adora** born on June 4 at Virginia Baptist Hospital

**Len Cohen '77** and **Meg** are the proud grandparents of a set of triplets born in June to daughter Sharon: two boys & a girl

**Dan Johnson '98** and **Kathy** announced with pride the birth of their first grand child, a girl **Grace Danielle** born to their son **Chris** in July

**Andy Cook, '05** and **Sandra** announced the birth of their second child and first son **Matthew Alexander**, born on November 13 at VBH

**Sam Namenek** is proud to announce the birth of her second grandchild and first grandson **Ethan Gregory** born to Rebecca and Kevin Brouwer on November 29 at Duke University, Durham, NC.

## Wedding Bells & Diamond Rings

**Lisa Idziak, RN** (Lynchburg office) and **Brian Ranger** were married on April 30 in Bedford.

**Sharon DeMocker '02** and **Andrew Wilds** were married on May 3 in Henderson, N.C. They made their home near Asheville, NC

**Krystal Andrews, LPN** (Big Island office) and **Vincent Defibaugh** were married on May 30

**Madhur Solanki '05** announced his engagement to **Maryam Tabatabai** and their plans for a February 2004 wedding.

**Tammy Combs** (receptionist/secretary) just announced her engagement to **Warrick Allen**: they plan a December 2005 wedding.

## News from the graduates

**Dunk Carter '82** continues to make frequent trips to Lynchburg from his Altavista practice. I run into him at the CME committee where he represents the family docs from the outlying area. He looks well! Hard to believe that his daughter is now a freshman at UVA and an Echols Scholar. Congratulations!

**Michael Meighan '84**, now retired, lives a life of leisure on Key Largo, Florida, where he moved from North Carolina. His two daughters are students at Sweet Briar College: **Brianna** is spending this academic year in Panama while **Meggan** is living on

campus, which gives him reason to remain connected with Lynchburg.

**Dick Moore '87** lives in Blacksburg with wife **Felicia** who teaches Chemistry at Virginia Tech. **Richard** (20) is working in a local restaurant, **Virginia** (18) is a freshman at UVA and little **Galen** (6) is a first grader. **Dick** is working in the field of occupational medicine at Montgomery Regional Hospital and misses the experience of the ambulatory care practice... so maybe he will return to it in the future.

**Dennis Perry '88** has been in his same

Okemos, MI, practice for over 10 years. This year he lost a partner and gained one. Wife **Debbie** is assisting him in his office and enjoys the companionship of her colleagues. Daughters **Kristen**, (18 1/2) and **Rachel** (~16) are both accomplished dancers and outstanding athletes (tennis and basketball players). **Kirsten** is a residential freshman at nearby Michigan State University and **Rachel** is a 9th grader and at the top of her class. And **Dennis** still a runner... The **Perry family** enjoys vacationing together and this year was no exception. And they are on their way celebrating their silver honeymoon to the Turks & Caicos Islands.

**Cindy Hadley '88** and family are still in Geneseo, NY. **Cindy** continues to work three days a week with her same group, covers nursing home one day a week and volunteers to fill in a vacancy in a nearby practice. **Steve** still teaching in high school and doing some basket ball coaching. **Alison** just graduated from college and will join her boyfriend on the West Coast, while **Kristen** is a busy 7th grader, dedicated to her studies, music sports and drama.

## Obituaries

**Tom Jones**, pharmacist and former teacher at the residency died suddenly while vacationing in Key West. He was 52 years old. His death has been mourned by the many who knew him. He was a local celebrity and leaves a legacy of dedication to his profession, devotion and compassion to his "patients."

**Dr. Dennis Burns** died on April 14 at the age of 52 of a motorcycle accident. He is survived by his wife and two children. Our sincere condolences go to his family

## News from the graduates cont.

**Linda Beahm '88** and husband **John** still live in Bedford and are devoted and delighted parents to **Eli** (7) and **Nathan** (5). **Linda** remains busy with Village Family Physicians in Moneta, while also working with hospice, and being very dedicated to music and to her church.

**Keith Metzler '89** and family returned permanently from China to the Lynchburg area. In July **Keith** took over retiring Dr. Leonard's practice in Amherst.

**John Hoffman '89** was invited to address the residency on a most common yet challenging topic "The Difficult Patient". His years of practice were reflected in his pragmatic talk, which we appreciated. A few changes in lifestyle: children are now enrolled in the Lynchburg school system, and **Renee** is working as a drug rep.

**Ginger Blanks '91** still part of the team of the Moneta practice. With the spring birth of her 5th child she remained mom-at-home for several weeks after the birth.

**Chandra Shekar '91, Mira** and their four daughters paid us a surprise visit early August on their way back from a week vacation on the Virginia Coast. **Chandra** is still in solo practice in Kirkwood, Missouri (100% managed care). **Mira** recently completed her RN degree and works with **Chandra**. Oldest daughter **Beena** (17) is a senior in high school and looking at medicine as an attractive career choice, **Shuman** (15), **Amelia** (14) and **Aparna** (7) are beautiful and doing well. It was a very warm moment to reunite with old friends, and if it was their first visit back to Lynchburg after 13 years, I hope it is not their last!

**David Waller '92** is now full partner in his Suffolk private practice that has grown by leaps and bounds and counts five physicians, two nurse practitioners and one physician assistant. He talks with pride of his family and their achievement. **Danielle** is already thinking of college...

I don't think **Edwina Wilson '92** has missed too many symposiums since she left the residency and it is always with pleasure that we welcome her back. She has become good friends with **Twanna Dixon '03** and

the two have shared tips about medical practices and house hunting in North Carolina. At the present **Edwina** works in Franklin, Virginia but calls North Carolina her home and weekend retreat.

**Valerie Renninger '94** continues to teach at the UCP of Lynchburg General, and residents really appreciate her teaching. **Mark** and little **Claire** are doing well.

**Cuong Do '94** and **Thi** are still living in Northern Virginia: **Cuong** still with his practice in Woodbridge and **Thi** in process of opening her own dental practice in Falls Church. It has been a busy year of handiwork for both of them as they tackled the office renovation themselves. **Austin** (6) and **Ian** (4) are doing well, and make mom and dad very proud! And as a family the **Dos** enjoyed traveling many miles this year from the East to the West Coast (including Las Vegas!) and a 10-day cruise to the Caribbean's...

**Heidi Eimermann '96**, husband **Bart** and daughter **Frances** (4) paid us a surprise visit over their spring vacation. They spent a short week in and around Lynchburg with **JP Jones '94, Alice**, with old Moneta friends, etc. They are still in Madison, Wisconsin. **Heidi** is working three days a week (but sharing the full call schedule) and loves her work (lots of peds). **Bart** stays busy and creative with his work and has been discovered for his skillful management of at risk teenagers. And **Heidi** and **Bart** are most dedicated to their charming, talkative, curious and precocious little **Frances**.

**Rebecca Young '96** remains the only fulltime doc at the Hurt Family practice. She has been elected to be a member of the LFMR Advisory Board, representing rural docs in replacement of **Dunk Carter '82**. Her children are growing, grown and even gone...

**Channing Wiersema '97** is still living in the cold north of Wisconsin, fulltime doc and part time farmer. He and Brandy have their hands full with their three little ones (3 to 7 year old) and their herd of sheep and goats, etc. Both are very involved with the Autism society, with the local support group for mothers and with the weekly peer play

activities for children in intensive home-based program.

On a beautiful spring day **Matt Edwards '98** came to visit and to introduce his wife **Michelle**. **Matt** is very pleased with his practice 20 miles outside of Charleston, SC. **Michelle** retired (temporarily) from teaching, works part-time in retail, and volunteers while looking forward to starting a family. It was very good to welcome our friends as they were enjoying a weeklong vacation.

**Amy Grace '98** is in her same practice in Oneonta, NY. She and **Geoff** purchased a home in the country with 40 acres of land and their own little creek ... They and daughter **Caitlin** enjoy riding. **Geoff's** job took him to China for a few months and the whole family went to visit him this fall.

**Susan Hundley '00** is sharing her professional time between the family practice in Hurt and the hospitalist group. She is on the board of the Lynchburg Medical Academy.

**Bob Armock '01** and **Alice** are still Virginian in spite of their dream of San Francisco living. So they make their annual pilgrimage to the West Coast, which satisfies their fantasy. This year **Bob** continued to practice in Rustburg with Steve Thompson, while working part-time as a hospitalist. Starting in January he will be a fulltime hospitalist at LGH, joining the many of our graduates who have chosen this type of practice. And **Alice** pursues writing and publishing with great dedication.

**Sharon DeMocker '02** and husband **Andrew Wilds** moved to Henderson N.C. **Sharon** is involved with two practices on a part-time basis, one purely outpatient the other including hospital work. Husband **Andrew** resigned from his Centra Health photographer position and is now freelancing his talent as a photographer.

Between graduation and back-to-work **Brigitte Small '03** and **Doug** were busy traveling. They first went to Germany to spend time with Brigitte's family and later to Hawaii: travels and recreation well deserved!

## News from the staff

### *Administrative Staff*

In February we said bittersweet goodbyes to **Deborah Donnigan**. After 23 years of loyal services to the residency **Deborah** left us in February for a position with a member of the Centra Health executive staff, as personal secretary to Kathy Pumphrey. It was a well-deserved promotion for Deborah but a very sad loss for us. She was replaced by **Cindy Allen**, who quickly learned the complexity of the job. A few weeks later **Kisha Pannel** resigned from her position after two years at LFPR and accepted a job with the Wound Care Center at VBH. She was replaced by **Pam Miller** (Carol Riggins' "big" sister) who accepted the position of receptionist/secretary in the clinic area. The front office is as always a beehive of activities with new faces.

In early spring **Teresa Henderson** along with **David Gregory** participated in the RAP meeting in Kansas City. **Teresa** continues to be very busy and active in several venues, as residency coordinator and as executive secretary. She has been nominated to serve on the Board of Directors for the Association of Family Practice Administrators and remains active with the Board of Secretarial Networking organization of Centra Health.

### *Office Staff*

**Mabel Foster** is still at her same window, a walking encyclopedia of coding numbers... Long gone are the days when she would collect dollar bills in return for a little paper receipt! Her loyalty and kindness to the patients earned her the 2003 *Staff Award*. Her children and grandchildren are doing well: son **Rick** is doing his residency in chaplaincy in Columbia, S.C.

**Kelly Brooks** assumes the position of office manager with dedication and skills. So many details to attend to. She is proud of the fact that her son **Benjamin**, a junior in high school, has been invited to the governor's school at VCU for the summer of 2004

**Cathy Arrington** still greets patients at her welcome window. She is the proud grandmother of two grandchildren who were born this year. And "we" delivered both of them. Congratulations, Cathy!

**Annemarie Krammer** keeps the flow of referrals going and we are grateful for the new system she established to increase efficiency. Her son **Andrew** was a member of Boy State this past summer at Liberty University. A budding politician?

### *Clinical Staff*

In April we said good-bye to **Lisa Izkiak, RN** who left to get married and move with her husband to North Dakota. She was replaced by **Rebecca "Becky" Melton, RN**, formerly from PCU. In late summer **Pam Logan** was diagnosed with breast cancer and is going through all the repertoire of therapeutic modalities with great courage. During her absence she is replaced by **Patti Davidson**, her trusted friend and colleague. We are delighted that **Pam's** 9-year-old daughter **Katherine** is doing well, in full remission from her leukemia.

**Debbie Greenway** continues to talk with pride about her son **Brad Butler #69** on the

UVA football team (offensive line), while son **Bret** is a freshman at Ferrum College.

In addition to her fulltime position at LFMR **Teresa Hicks** is assisting her sister in her new restaurant at the Plaza. **Teresa** has a pretty full plate...

**Carol Riggins, RN**, remains also busy with her commitment to hospice. She was also selected for the Centra-wide recognition award for developing a fantastic patient education notebook, available in each and every exam room in the clinic.

At the Big Island Office, the nursing position was filled early this year by **Krystal Andrews-Defibaugh, LPN**. And in the process of restructuring the Big Island office the nurse practitioner position was eliminated. So we have to say goodbye to **Carolyn Harris, NP**, who leaves her position after over 4 years of employment. We wish her well in her new endeavor

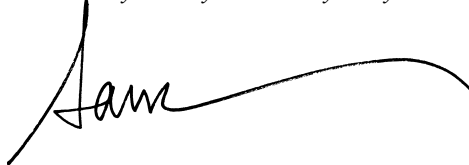
*There is an end to this chatter! As I complete this newsletter at the dawn of the year, on behalf of all of us at LFMR I want to bring to all of you our best and warmest wishes for the New Year.*

**As always remember to mark your calendar:**

**Third Annual Caring With Awareness Conference:  
Focus on the Asian Indian American Patient  
Wednesday, April 7, 2004**

**23rd Annual Family Medicine Symposium  
Friday June 25, 2004**

*And as always, we stay in touch, so you stay in touch*



*Therese "Sam" Namenek  
Therese.Namenek@centrahealth.com  
December 2003*

Last year **Dan Johnson '98 and Jerry Price' 89** and many of you missed the printed version of the Annual Newsletter. It was available only on our website. We are grateful to the **Lynchburg Emergency Department for underwriting this year's "edition."** Their generosity and support of tradition is much appreciated.