As the new millennium draws near, most of our culture is focusing on the future. Expansion, technology and global communications have become the inevitable as the 21st century begins. And CURIO is no different. Our design is produced on high-speed computers and much of our communication is achieved via e-mail.

But some things never change, and that is why CURIO is dedicated to the tight-knit community of the Shenandoah Valley. Regardless of the immense construction taking place, the people and places we explored in our 22nd year are thinking locally.

As easy as it is to have the entire world at your fingertips in this computer age, CURIO reminds you to explore the Valley with as much vigor as you surf the Net. Although many of our subjects may be thinking globally, they are definitely acting locally as part of your community.

Cover: Alpacas make the Valley their home. Photo by Gregg Harris.
CONTENTS

Features

THE ALPACA ALTERNATIVE  Raised in the Valley, these exotic animals are worth their weight in fleece .......................... 6
SPINNING INTO ANOTHER CENTURY  Contra Dancing gathers the community in the spirit of dance ............................ 38
THINKING OUTSIDE THE BOX  Odyssey of the Mind gives kids a chance to solve problems creatively ....................... 42
EMERGENCY DEPARTMENT  Day in and day out, the staff at RMH handles tears to traumas ............................. 46

People

RENAISSANCE WOMAN  Nancy Bondurant Jones tackles many community projects that keep her busy .......................... 2
IN THE SHADOW OF A KING  James Farmer, civil rights activist, reflects on his life and contributions ............................ 10
MARK OF EXCELLENCE  Mark Warner, vice president of student affairs at JMU, is an author, teacher and friend .............. 13
WILDERNESS WOMAN  Chris Bolgiano, self-proclaimed “flower child,” has blossomed from activist to author ................ 17
EIGHTYONE  The Valley’s newest paper is run by Deona Houff, a woman on the road to success .............................. 28
DEVELOPING DISCIPLES  Archie Turner has served the Baptist Student Union for 30 years ................................. 34

Service

GIVING HOPE A CHANCE  Special Olympics Virginia teaches lessons of teamwork and together- ....................... 31

Places

A SLICE OF LIFE  Locally owned and run, Luigi’s restaurant is full of traditions old and new ................................. 20
HUNTING FOR TREASURE  James McHone Antique Jewelry store offers a unique sampling of wearable art ............ 24
A 31-year Valley resident, NANCY BONDURANT JONES is still going strong. An author, an entrepreneur, a teacher and a mother, she is a true ...

Renaissance Woman

Nancy Bondurant Jones removes the black metal screen from the mouth of her large stone fireplace and throws another log onto the crackling flames. After replacing the screen she turns and sits back down in her cushioned chair.

"Many people my age are not working, which might sometimes be nice because I do get tired," says the 68-year-old Jones, as her gray miniature schnauzer, Shadrach settles down at her feet. "At the same time I love what I do. I can’t imagine running out of things to do."

While some people choose to spend their later years resting in a condo in Florida, Jones prefers keeping busy and productive right here in the Shenandoah Valley. Randall Jones, the third of her five children, says of his mom, "I've always been amazed at her work ethic. She does almost too much at times and exhausts herself. But, she has always been like that, and I don't think she knows how to be any other way."

The list of daily activities and past accomplishments is long for this 5-foot-3-inch woman, whose years are hidden by her friendly blue eyes and warm smile. Juggling three jobs and numerous extracurricular activities, her day...
requires the energy of a teenager but
instead receives the organized and
patient attitude of a grandmother.

“I have a good energy level,” she
says. “And I am disciplined, except for
exercise. I make a lot of lists. So I am
able to focus on what needs to be done
at that time.”

Currently, Jones is the proprietor of a
successful bed-and-breakfast, works for
JMU Chancellor Dr. Ronald Carrier,
writes free-lance for a couple of local
magazines and the Daily News-Record,
speaks at area community events, is
working on a book about the history of
JMU and still manages to watch “Sein-
feld” every evening. In addition, she
can say she’s “been there, done that” to
countless other accomplishments.

Coming to Harrisonburg 31 years
ago with her husband, Jones says they
just fell in love with the Valley. “My
husband and I have five children and
we were trying to get away from the
suburbs. We just liked the small town
life,” she says. Although her husband
died 20 years ago of cancer, Jones stayed
in the area and has kept herself busy
ever since.

A true Renaissance woman of the
modern age, Jones has tried her hand at
radio, television, teaching, writing,
motherhood, foster parenting, politics
and even fly fishing. “I just liked to do
a lot of different things, whatever was
needed,” she says with a smile. Some of
the time, those things involved a little
risk.

Learning and living in a time of the
Roosevelts and John F. Kennedy,
inspired Jones to get involved in politi-
cal science. “I grew up in a very idealis-
tic time where you thought one person
could make a difference,” Jones says.
“Politics was an exciting thing, and you
had great respect for politicians, unlike
today.” Although she didn’t conquer
the realm of politics, Jones had much
more success in her teaching ventures.

Renee Miller Lapp worked as a stu-
dent teacher with Jones at Turner
Ashby 10 years ago. “She was very
loved by the kids. They respected her,
and she was one of those teachers you
hoped you would get,” Lapp says. “She
always very interested and in the
with the kids,
dren, as well as English as a Second
Language (ESL) classes.

“I became less effective as a teacher
when my kids grew up and left home
and I no longer knew what the popular
music was,” Jones jokes. “But I eventual-
ly stopped because somewhere in my
mid 50s I realized that physically I
couldn’t keep up with teaching any
longer. Now I have three jobs, and they
are much easier than that one.”

While teaching is a profession that
Curio'99

has come and gone in her life, Jones has always been a writer. "When I was in the fourth grade Miss Earl liked one of the poems I wrote about Columbus and so she sent it to the Richmond Times Dispatch and they published it. I thought, this is cool, I want to do this again," Jones says.

However, when her husband died, teaching and publishing poems here and there weren't bringing in enough money to pay the bills. So Jones and two partners, area residents Eddie Bumbaugh and David Schrock, formed a company called Biographies Incorporated, which sprang from her great interest in her own family's stories and history. "When I was growing up, generations lived together and you knew the stories of your parents' childhoods, and your grandparents and so forth," Jones says. "Today you don't. My idea was that in this day, when families are separated, I thought it would be nice to write biographies of the patriarch or matriarch of the family."

Area families contacted her to write their stories, and several of the publications became big sellers. Ironically, success was the downfall of the company. Jones' plan was to have other writers work under her to help cater to the growing demand for biographies, except most customers wanted her to write their story. The demand was too much for her to handle on her own so she had to close down the company.

That didn't stop her though. Continuing her free-lance writing she started a history column for the Daily News-Record. The idea was sparked by those she taught.

"I used to have the kids do their genealogy tree, and somewhere in my last years teaching I realized I couldn't do that anymore because too many kids don't know it. Especially in single parent households, where little is known about one parent and it's too embarrassing," Jones says. "I also realized that kids have little sense of place. We are such a transient society that young people grow up without a real sense of identity of who they are and where they come from. I think your sense of place gives you a feeling on who you are."

Jones hoped that the column would help instill that sense of place and belonging for the residents of the Valley. The large amount of positive feedback she receives signals that the column fulfills its purpose in helping people get a feeling for this area.

"[In the history column] I have written about everything from UFO's visiting the Valley, to train wrecks, to JMU things, to ordinary people. There are too many to count," Jones says. She has written more than 435 columns over the last nine years on mostly local history. A collection of her early columns from the newspaper have been put into a book entitled Remembrances Revisited.

In addition to writing for the newspaper, Jones occasionally has feature pieces in a number of small magazines including Montpelier, Homespun, Virginia History Magazine, Crossroads and the NEA Journal.

But her writing doesn't stop there. James Madison University commissioned Jones to write a book about the history of JMU from the beginning of the school to the end of Carrier's presidency, which is in manuscript form now. Four years of interviews, researching magazine articles, reviewing old faculty minutes and special collection photos and reading previous books about JMU history, will result in an anecdotal coffeeetable book once it goes to publication.

If she comes across any more spare time in the near future, Jones would like to spend it writing another book. Moonlight, Murder, Mayhem and Madness, would be the title for this non-fiction, historical novel which would cover the romance and mystery of the Valley's past.

Until that spare time becomes available, Jones runs a thriving bed and breakfast out of her home in Rawley Springs, which she shares with an attention-demanding Schnauzer and one of her two teenage grandchildren.

"It's hard to decide to share your home with strangers, but because I love this house I wanted to keep it. So I had to do something," Jones says as she stands in the largest room in the house, the common room. With a stone facade on the outside, plenty of windows and a surrounding ring of boxwood bushes, from which it gets its name, the Boxwood Bed and Breakfast is definitely unique. In addition to the lush greenery surrounding the house, there is a trout stream right beside it where Jones herself does some fly fishing. However, finding the time for a break isn't always easy.

"I think I daydream about it more
than I do it. When days get really stressful, you can just picture yourself out in the middle of a stream with the sun dappling on the water and the sounds of that line just swishing through the air," Jones says with a relaxed sigh.

Upon entering Jones' home one instantly feels the relaxation like that of a soft summer day on the water. She initially began sharing the house with others in 1983 because she needed the money.

“When I started there were no bed and breakfasts. I remember the state inspector saying good luck, and I had to explain to the Board of Supervisors what it was,” she recalls. Since then she has come a long way.

The upstairs houses three guest bedrooms, all decorated by Jones herself in the classic country style complete with quilts, rocking chairs, bookshelves and floral wallpaper. Visitors have come from places as far as Japan, England, France, Iran, Germany and Canada, as well as everywhere in the United States.

“I want a place where people can put up their feet and read a magazine,” Jones says glancing around the room. “Also I like my house. I think it’s neat. I want to share it with others.”

Guests can relax in the common room, where something fills every corner; a comfortable cushioned sitting chair, a finished end table or even her grandson’s guitar. Fresh flowers, candles and furniture arranged in conversation-friendly patterns all add to the harmony of the room. Her most recent knitting sits on one of the couches as well, a beanie cap for a grandchild who is expected in August.

While the labor involved in keeping the house neat, clean and always ready for company is time consuming and tiring, Jones says the most challenging part is “getting up early enough to get breakfast for the fishermen.” French toast has become the standard on Sundays, and she has even featured the much-loved recipe on a WVPT cooking show.

Jones is not only able to explore her creativity through her bed and breakfast, but also by working for JMU Chancellor Dr. Ronald Carrier. While most 68-year-olds are retired, Jones still holds down this true 9-to-5 job, in addition to running her bed and breakfast and writing articles.

“I love working for Dr. Carrier. He is one of the most generous and kind employers and is very appreciative of your efforts,” she says.

In addition to drafting speeches and correspondence for him, Jones also arranges social events that help Carrier maintain contact with the students. The Chancellor’s Spring Invitational Art Exhibit, held this past spring, is one of those events.

Jones has worked with Dr. Carrier for the past eight years, and he says her interesting life and involvement in many activities makes her an exciting person to work with. “Nancy is very task-oriented. She gets right to the issue and the solution. And she’s bossy, in a friendly way,” he says with a laugh.

While she has many accomplishments to be proud of, Jones holds one aspect of her life on the top of her list. “The thing I am proudest of in my life, I’ll get teary-eyed,” she says with a choked up laugh, “is that my children and I are friends. And that’s wonderful.” Jones holds her children in high esteem and says, “I just like them so much. Not that we don’t argue, but I just couldn’t be prouder. They are very special people.”

One of her daughters, Lauren Jones says the feeling is mutual. “I’ve always been proud of her. She marches to her own drum in a way, but wouldn’t be obvious about it.” She says her mom’s busy life was never an obstacle in her relationship with her children. “She did a lot of stuff, but always managed to have time for us. We never felt neglected.”

The only thing left to complete her family picture is a husband. “I am waiting for one of those older Cary Grant or Paul Newman types to walk through the door,” Jones says with a smile. She requires that they like football, since she is an avid Redskins fan, and dogs, since she currently shares her heart with the adorable Shadrach.

As the previously blazing fire slows to a quiet, steady glow, one wonders if Jones will ever settle down to a quiet retirement.

“I thought I already was retired,” Jones says with a laugh. “I don’t think I’ll ever totally retire. Financially I am not in a position to right now. Maybe when I’m 75. That sounds like a nice round number.”

Lisa Rosato is a junior SMAD major from Glenelg, Md. This summer, she will be interning at WJZ-TV Channel 13 in Baltimore.
An exotic breed finds a home in the hills of the Shenandoah Valley

Among the rolling hills and green pastures outside of Waynesboro, local farmer Sheri Smith manages a herd of alpacas that she breeds for their superior fleece. Smith, a long-time veteran of the horse business, recently gave up the family tradition to invest in a small flock of exotic South American alpacas. The alpaca, Smith says, "is an excellent alternative to raising horses or sheep. Alpacas are great. They don't require the constant attention that horses need, and their fleece is far superior to sheep wool and most other natural fibers."

Under the surrounding mountains, with the morning mist settling on the fields, Smith's farm occupies a picture-perfect setting. Standing on the front porch of her new ranch home, Smith points out the lake that has recently been built and the surrounding property that she hopes to acquire. While the alpacas nibble the grass in the oak grove that borders the road on the upper edge of the farm, horses and cows graze the fields of farms that surround her property.

Originally from Keene, Va., Smith grew up on her family's farm where caring for horses and sheep was a daily business.

"I've spent over 30 years raising and boarding horses," Smith says. "After my parents passed away I sold the farm and decided to move to the Waynesboro area."

Living in Waynesboro, Smith boarded and raised horses
until 1996 when a friend suggested that she raise alpacas.

“The alpacas are really just a side business,” Smith says. “I spend the majority of my time raising Airedale terriers in my kennel.”

Tallydale Kennel is the business that Smith created 10 years ago as her main occupation.

“When I had my new home built last year I had the kennel attached to one end of the house so I could easily take care of the dogs,” Smith says. “I breed the terriers mostly for show and to improve the breed. I’ve traveled all over the East Coast and as far west as Montana for national shows.”

Smith’s interest in dog breeding has not deterred her dedication to the alpaca business. The herd has recently grown from four to 10. “A pregnant female and a fertile male will normally cost an investor about $75,000,” she says. Unfortunately, the high cost of the animals is a result of the limited availability of the alpaca to livestock farmers.

Few people are familiar with the animals since they were not exported from their native countries Bolivia, Chile and Peru before 1984. The alpaca is a grazing herbivore, a cousin of the llama and camel.

The rare animals command high prices, causing their native countries to historically restrict exportation outside of South America. For the past 15 years, however, livestock farmers like Smith have bought and bred alpacas.

Most livestock farmers who raise alpacas have a true love for the animals, while some do it solely to advance the breed. Due to their easy maintenance, alpacas afford the owner a more relaxing lifestyle than is typically associated with domestic livestock. To survive comfortably, alpacas require about five acres per 10 animals.

Overall, raising alpacas is relatively easy and the sale of the fleece in the spring can provide the owner with a substantial profit.

“I believe in a couple of years the market is going to pick up and I shall see a nice return on the investment,” Smith says. “Europeans use the fleece in many of the men's suits now, but Americans are still discovering its benefits.”

Most of the fleece sheared from North American alpacas eventually goes to European cities such as Milan and Paris. Manufacturers typically blend the fibers with cashmere, merino wool and silk to make fashionable sweaters and suits.

The benefits of raising alpacas are more rewarding than herding sheep and other animals raised for fiber production.

“When we shear the fleece it doesn't need any processing to remove oils like lanolin in sheep wool,” Smith says. “It's naturally clean and usually odor free. If you've ever had contact with a wet sheep you'd understand. Besides, the fleece is stronger and lighter than wool and feels like silk.”
Smith says the animals must be sheared in the spring. She then sends half the fiber to the North American Co-op, a large organization that distributes the fleece around the world. The rest of the fleece Smith back-stocks until she has found a buyer.

“Shearing them in the spring also gets rid of their thick insulation,” Smith says. “It helps keep them cool during the humid months in the Valley.”

Alpacas have evolved to adapt quickly to either arid or wet climates. Originating from the Andes of South America, the alpaca is able to sustain itself on little grass with minimal impact to its environment.

An added benefit to raising alpacas are their padded feet which prevent them from destroying the terrain.

“Horses can easily destroy the grass by just running around the perimeter of the fences,” Smith says. “But alpacas don’t destroy anything.”

According to Smith, alpacas are grouped into two distinct types: the Suri and Huacaya.

Suries have fleece that grows long and nappy in appearance. With their heads against the ground grazing, suries look more like mounds of hair than actual animals.

Huacayas on the other hand, have bushy coats of fleece that look like full-bodied afros. The quality of the fleece is judged on the diameter of the fiber and the amount of crimpmess. Smaller, crimped fiber commands a higher price on the market.

With the alpaca's napped and bushy fleece, they have a comical but lovable appearance. Many owners actually shear their alpacas so that they resemble overgrown poodles. With names like Mercutio, Valero, Barney and Secret Song, it is obviously a personal and enjoyable business.

Joel Detrinis, Smith's farmhand, says, “It takes a love for the animals, you just have to appreciate rare breeds.”

Detrinis has worked for Smith for three years maintaining the fields and stables. He also manages the daily feeding and maintenance of the alpacas.
“They’re really friendly,” Detrinis says. “They can be a little temperamental sometimes, but for the most part they are really easy to deal with.”

As he shakes a tin of grain pellets to entice the alpacas to come near the fence, he adds, “I suppose the only annoying thing they do is occasionally they’ll spit if they get aggravated.”

Since Detrinis routinely feeds the alpacas, he is usually the unfortunate target.

As he feeds Mercutio from the palm of his hand he says, “Yeah, ‘Mert’s’ the one I have to watch out for. He’s the friendliest but he’s easily upset if he thinks I’m being stingy with the grain. Most of the alpacas are timid and kinda’ mellow.”

Not all the animals were camera shy. Mercutio was the most curious of the bunch, frequently sticking his nose in the camera lens. With his head tilted back in a neck-breaking attempt to peep from underneath his bangs, Mercutio stands ready to familiarize himself with visitors.

Barney, who is more timid, stands a few feet away. He is the most comical in appearance with a white-and-black spotted fleece. Between his pointy ears, he has a natural hairdo that looks as if Smith had applied mousse to make it stand straight up on his head, like a wiry out-of-control punk from the 80s.

The other alpacas remain a short distance back, unwilling to risk a scuffle with their more curious comrades.

Shortly after Detrinis made the comment about Mercutio, the alpaca began to snarl and spit on Detrinis’ shirt sleeve. Detrinis’ face flushed as red as his bushy beard.

“Thanks Mert. That’s just great,” Detrinis said with an aggravated gasp.

Upon hearing of the incident Smith laughed, “So, Joel got spit on. Poor Joel! Yeah, you have to watch out for them, if they think they’re being teased with food, they’ll spit. It’s their defense I guess, but it’s really disgusting.”

The average alpaca is really friendly, according to Smith.

“Many people buy geldings as pets just because they love their mellow and harmless dispositions.” Smith says. “All of my alpacas are Suries, they are very cute and lovable creatures.”

Gregg Harris is a senior English major from Waynesboro, Va. After graduation in May he plans on pursuing a career in magazine journalism.
IN THE SHADOW OF A KING

Although his name may not be widely known, James Farmer changed American history during the hot Southern summer of 1961.

Story By
Jennifer Tota


Two hundred and fifty thousand activists descended upon Washington, D.C., to share in the dream of Rev. Martin Luther King Jr. However, they were supposed to hear the dream of another man that day as well, James Farmer. But Farmer wasn’t standing by the Reflecting Pool that afternoon; instead, he was sitting in a jail almost 1,200 miles away in Plaquemine, La., alongside a group of protestors he had led that day.

“I made the decision not to bail out and go to the March on Washington. Maybe it was the wrong decision, and maybe it was the right one. I still think it was right because we couldn’t bail the two hundred plus people in jail with me, and they wanted to go to the march, too. It would not have been fair for me to just bail myself out. But I’ve revisited that decision many times.” Farmer said.

That decision cost Farmer much of the fame that King continued to garnish. Not many know the impressive story behind this civil rights leader who now lives in Spotsylvania, Va., a story that needs to be told...
James Farmer’s introduction to civil rights occurred in 1923 at age 3, during an afternoon shopping trip with his mother in downtown Holly Springs, Texas. Growing hot and tired under the relentless Southern sun, young Jim pointed to a lunch counter and asked his mother for a Coke. She told him to wait until they got home. Nickel in hand, Farmer protested, saying he wanted a Coke right then. His mother then explained to him that they were “colored” and that meant they weren’t allowed to buy a Coke there. The pair walked home in silence, and once they reached their destination, his mother wept.

“That was my first introduction to racism and I never forgot it,” Farmer said. “I was hurt more than anything. Hurt and angered. I swore to myself that my children would be able to buy a Coke in Holly Springs. I’d see to that. The direction of my life was set that day.”

That direction would lead Farmer to begin the Congress of Racial Equality (CORE) in 1942 as a way to integrate Gandhian techniques of nonviolence to the civil rights movement.

“I was convinced that Gandhian techniques of nonviolence would work in this country if we had a cadre of people trained in their use. That’s why I organized CORE, to experiment with these techniques,” he said.

Farmer’s influence led him to become one of the movement’s “Big Four.” Keeping him company in this distinction were Martin Luther King Jr. of the Southern Christian Leadership Conference, Roy Wilkins of the National Association for the Advancement of Colored People, and Whitney Young of the National Urban League.

Farmer’s greatest contribution to civil rights came in the form of the Freedom Rides. In 1961, the CORE staff named him national director of the organization as a way to “put CORE on the map.” They searched for a way to force the Southern practice of segregation in interstate bus travel to catch up with national laws of integration. Gordon Carey, a white CORE staffer, proposed the idea of a group of people, black and white, young and old, traveling together through the Deep South without regard to “colored only” signs. Farmer searched the country for his volunteers, and CORE mapped their route through the heart of the South. The Freedom Rides were born.

“I told [the riders] that we don’t know what’s going to happen, we might all be killed. It’s going to be extremely dangerous. And they volunteered to go anyway,” he said.

The route CORE chose for the Freedom Ride guaranteed danger. The rides would go down through Virginia, the Carolinas, Georgia, Alabama, Mississippi and Louisiana. They sent letters in advance to government leaders, following the Gandhian program of advising those in power of precise plans. Among those receiving letters were John F. Kennedy, Robert Kennedy and J. Edgar Hoover.

After the first leg of the ride, Robert Kennedy called Martin Luther King to request a halt to the Freedom Rides to initiate a cooling-off period. Farmer asked King to tell Kennedy they’d been cooling off for 350 years; if they cooled off anymore, they’d be in a deep freeze.

King himself declined to be part of the Freedom Rides. When asked by members of the Student Nonviolent Coordinating Committee (SNCC) to join them on the last part of the trip, King refused because he’d been cooling off for 350 years; if they cooled off anymore, they’d be in a deep freeze.

King himself declined to be part of the Freedom Rides. When asked by members of the Student Nonviolent Coordinating Committee (SNCC) to join them on the last part of the trip, King refused because it would have violated his probation. According to Farmer, the young members began to laugh because they were all on probation as well due to prior arrests for demonstrations. King responded, “I should be able to choose the time and place of my Golgatha.” From then on, King earned the sarcastic nickname “da Lawd” from SNCC members.

The scariest leg of the Freedom Rides came when Farmer was away.

**“FREEDOM RIDERS”**

**BY PHIL OCHS, 1962**

Jackson, Mississippi, is a mighty white town, the white folks they like to keep the black folks down they think they’ll be alright, but there’s gonna be a fight and they’ll have to share that freedom crown, yes, they’ll have to share that freedom crown. Freedom Riders roll along Freedom Riders won’t be long won’t be long.

They boarded a bus in Washington D.C. to enter a state half slave and half free the wheels hummed a song and they sang along the song of liberty, the song of liberty.

*chorus*

Jimmy Farmer was a hard fightin’ man decided one day that he had to make a stand he led them down to slavery town and they threw Jim Farmer in the can and they threw Jim Farmer in the can.

*chorus*

One of these days and it won’t be long the solid South is gonna sing another song They’ll understand that a man’s not a man ‘til he has all the freedoms of the land.

*chorus*
His father died while the riders were in Atlanta, and while Farmer went home to bury him, the rides continued into the Deep South.

"The most dangerous, the most threatening part of the Freedom Rides was the ride across Alabama," Farmer said. One bus was burned to the ground in Anniston, Ala. The Freedom Riders managed to escape, but all of them suffered from severe smoke inhalation.

As the bus was burning, a crowd gathered to watch but did nothing to help, save one. A little white girl, only 10 years old, lived in a house across the street from the bus terminal. She saw the Freedom Riders lying on the ground, vomiting and coughing, and ran back inside her house. She emerged again with a pitcher of water and a package of Dixie cups, and served the riders much-needed water.

The Freedom Riders later invited her to speak at a reunion of the rides.

"I don't think there was a dry eye in the room [when she spoke]. She told the story, she said that she only did what any other Christian person would have done. People needed help and she tried to help them. She also said her family had to leave Alabama shortly after because they were being threatened by the [Ku Klux] Klan and other such groups because of what she did."

After the bus burned in Anniston, the federal government began to pay more attention to the Freedom Riders.

"They were embarrassed by it. All over the world, pictures of the burning Greyhound bus were on front pages everywhere. People just wanted to ride on the front seat of a bus! 'This is the headquarters of democracy,' they'd say, 'what kind of democracy is this?"' Farmer said.

John F. Kennedy swore that it would never happen again. He federalized the Mississippi National Guard during the Freedom Rides in that state, so it would answer to him directly. Attorney General Robert Kennedy sent federal troops as well. However, Farmer said these two were not always the civil rights proponents history calls them.

"JFK wasn't a civil rights leader, he was a president. I thought that he was timid because he wanted to win the next election. He thought it would be close because his first election was very, very close, and he was afraid to take a forthright stand. We had to force him to every step of the way. Robert Kennedy was the same way until his brother died, then he began to believe firmly in the things he had done before for political reasons. He was tough, smart, strong."

Farmer also had some criticisms of King. "Martin Luther King was a very important leader, but I didn't have too much respect for him. He was sort of timid. Most of the things which King gets credit for doing, SNCC started. That was true of the march in Selma, but King was King so King got credit for it. That was true for other projects, too."

Farmer says Malcolm X was "the most fascinating figure of the civil rights movement," and didn't receive proper credit until the film made about him in 1992.

"It was a good film. However, it gave Malcolm credit for things that he didn't do, but that's always the case. When they make a film on me, they'll give me credit for things I didn't do," Farmer laughed.

Dante James, a filmmaker, is currently raising money for a movie about Farmer. Farmer hopes it's completed.

The beginning of the black power movement signaled the end of the civil rights movement, according to Farmer. Ironically, Stokely Carmichael, who coined the phrase "black power," was a Freedom Rider before he changed his outlook on civil rights.

"The movement ended around 1965 or 1966, partly because of black power. It became, 'What do you want?' 'Black power!' and no longer 'What do you want?' 'Freedom now!'" Farmer says.

Farmer calls the Freedom Rides "the most successful civil rights demonstration of the civil rights revolution." This legacy led to Farmer receiving the Presidential Medal of Freedom, the highest civilian honor, from President Clinton in 1998.

Farmer now lives in Spotsylvania, Va., where he originally settled down to write his autobiography Lay Bare the Heart. He remained in Virginia after completing the book because of his love for the area.

"I fell in love with this place. It's a wonderful piece of property — the pond, the trees, the wild animals. I love being here," Farmer says.

A sense of justice came to Farmer in the late 60s when he returned to Holly Springs, Texas, to get that drink he wanted back in 1923.

"I got more than just a Coke, I went into a bar and got a martini! I went downtown to see if Holly Springs had changed that much. I walked into a bar and the bartender was there polishing glasses. I sat down and he said to me, 'Yes sir, can I help you?' I couldn't believe it! He mixed my martini and sat it before me, and it was good."

After the years he devoted to the civil rights movement and to risking his life for such basic rights as having a drink in downtown Holly Springs, no martini was ever so well deserved.

Jennifer M. Tota is a senior media arts and design major. She has interned at the Manassas Journal Messenger and is currently the copy editor of The Bluestone and staff writer for The Breeze.
Since arriving as an undergraduate in 1975, Mark Warner, JMU vice president of student affairs, has held nine positions and made countless contributions to the university and community. Over nearly 25 years, he has touched many with his “You make a difference” philosophy. As an administrator, teacher, inspirational speaker and author, Warner is one of JMU’s best examples of making a

Mark of Excellence

BY TAMAR ANITAI
About 10 miles north of both his Harrisonburg home and office, Mark Warner finds an escape from the bustle of the daily grind. The calm, peaceful serenity of Fridley's Gap provides the reassuring quiet of nature. It is here where JMU's Vice President of Student Affairs switches hats from one of the school's top administrators to writer.

"I like my time alone in the woods," says Warner, who in addition to overseeing the entirety of JMU's student affairs, is a health sciences faculty member, provides consulting advice for businesses and gives an average of three motivational talks per week. Given his intensely over-booked schedule, it's no wonder he wants a little time alone.

Aside from finding solace in nature, Warner, 42, has discovered and adopted a workspace — a flat-topped boulder. Nature's desk. With a breathtaking view of the Shenandoah Valley, far removed from his corner office overlooking the colonial Bluestone area of campus, this is where Warner wrote the majority of his book, The Complete Idiot's Guide to Enhancing Self-Esteem.

Although he claims he's "not the office type," some might say that taking your work with you to the woods is pushing it. But those who know Warner, which seems to be most of the JMU population (he can't seem to go anywhere without being stopped by students and faculty to chat or simply say hello), know that the out of the ordinary is not out of place with him.

But Warner doesn't mind. He'll be the first to tell you, "I've never been accused of being normal my whole life."

Warner holds many titles in addition to Ed.D and vice president. To many of JMU's staff, he is boss. To handfuls of students, he is teacher. And now, to many readers, he is an author. Despite which hat he wears, Warner carries with him the uncanny ability to switch roles gracefully and retain his unique personality. Even more special is his ability to touch each person he encounters with his inspirational optimism.

"I carry all parts of myself with me wherever I go, and it allows me to look at the world in a different way," says Warner, relaxing comfortably in his chair.

Regardless of the bragging rights that come with writing a successful book, Warner is characteristically happy and humbled. Though successful as an author, it is at JMU as vice president where he is most at home.

In fact, Warner hasn't left JMU since he first arrived as an undergraduate student in 1975. "I got brainwashed and never left," he says with a grin reflecting almost 25 years at JMU. His sharp blue globe-like eyes show the happiness he has found there.

As a psychology major, he met his wife Jennie in class. They married in 1980 when Warner was hall director of Hanson Hall, then an all-male residence hall. The two shared the hall director's apartment. "It was my wife, me and 200 men," he jokes. At JMU, he received his bachelor's degree in 1979 and his master's degree in 1981, both in psychology. In 1985, he earned an educational specialist degree, and in 1988 received his doctorate in education from the University of Virginia.

Today the Warners have two daughters: Sarah, 17, and Katie, 15. "That's the most important job I have in the world," Warner says proudly.

Warner has seen the university from the perspective of nine different positions, varying from assistant to the president to chief of staff. To each position he brings his unique professional style of relating to people on an individual level by learning from them and in turn sharing himself with others.

"Three rules govern my work philosophy," he says. "I have to contribute something... I have to learn something and I have to have fun. If one is missing, then it's time to leave."

Though he was raised by an Episcopal priest, Warner preaches a different kind of gospel — the gospel of happiness, and his optimism is contagious.

"One of my callings is to help other people realize the difference they can make in the lives of other people," Warner says. So, he begins each class period by writing a simple mantra on the blackboard; "You make a difference."

He has never discussed it or offered a reason. If he's there, it's on the board. Obviously affected by the missing affirmation on the one day he forgot, one student voiced a complaint. "We can't start class until you write 'You make a difference' on the board," the student told him.

When Warner teaches, it isn't likely
to find any students slumped over, asleep in the back row.

He quickly warms up to a hesitant group of freshman at Eastern Mennonite University during a leadership class at which he is the guest speaker. It's 7 p.m., when most students are relaxing by the television.

"Don't tell anyone," Warner whispers, as in his business suit he climbs atop a chair at the front of the classroom and instructs the students to stand up. Though not physically imposing, Warner commands respect while making those around him feel comfortable and open. Binocular style, he has them cup their hands around their eyes, bestowing upon them "new eyes" with which to see the world. He leads them in an affirmation, vowing to look at the world and at leadership in a new way.

"You're not going to learn anything from me," he tells them. "Most of it's going to be from each other."

He leads them out of the classroom and down the hall where they divide into small groups and play a tedious game of catch with stuffed animals from Warner's duffel bag. He times them for efficiency. Speed up, he tells them. You can do it faster, continuously upping the ante and challenging the eager students to work together and learn in new ways.

Back in the classroom the students are attentive and excited, ready to share, and laughing at humorous stories that Warner shares with the demeanor of a friend sharing a joke over lunch. But each story has a lesson, and with clarity and understanding, the class receives each message.

What moral could possibly hide behind tossing Beanie Babies in the air at lightning speed? Warner relates this to the daily test of juggling many tasks at once. When we juggle tennis balls for instance, we're more careless than if we were juggling crystal, he explains. "We get so busy that we treat everything like a tennis ball and that's when we drop the crystal."

Get out of your comfort zones and try new things, he urges. "Don't worry about failure, worry about the chances you miss when you don't even try," he warns, a slight Southern drawl slipping out through his relaxed speech.

"The richness in my job is being able to interact with students," he says. "I need my student fix."

Warner has no problem interacting with students. By the second class of the semester, he knows every student's name. He makes a point of meeting a new student every day.

"I've never been one to hide behind a desk," he says. Instead, he has taken up dual residency at his favorite campus hangout — Taylor Down Under, where he jokes with the student employees that he hopes they don't charge him rent for having a second office there.

Spending time with faculty and staff is also a priority and a responsibility that Warner handles with unfettered grace. He safeguards against the perception of secrecy in his administrative decision making by including everyone in this process. "I don't want decisions to be made like there's this little Wizard of Oz guy hiding behind the curtain."

Since life at the top of the totem pole can be pretty lonely, Warner has found that collaboration is key. "I believe in the goodness of people... together we can create something that's fantastic."

Resulting from this innate belief in people is Warner's ability to establish meaningful personal relationships — a characteristic valued by students and faculty alike. At the mention of a name, he can immediately spout off a personal anecdote, his value of individuality obvious. "I'm definitely a relationship type person... I want people to know me from a personal level."

His students frequently receive personal e-mail messages from Warner, congratulating them on their hard work put forth in a class project or simply encouraging in their daily life.

Allowing others to know him requires an immense amount of personal introspection. For Warner, turning inward is part of his spiritual basis which began as a child, growing up in a happy home as the son of an Episcopal priest. In later years, he says his spiritual base grew.

Warner's happiness is a choice, and his personal recipe for constant happiness is a unique blend of daily reminders and intentional decisions.
With his mother Rosanna in 1988, five years before her death. "She was the most positive person I'd ever met in my life," Warner says.

that keep him directed and inspired.

Warner rises between 5:30 and 6 every morning. "Starting off the day spiritually makes me realize what's important," he says. The first half hour of his day is devoted to spiritual time — getting connected and setting the perspective for the day. He achieves this by praying, reading the Bible, or reading passages from books like Chicken Soup for the Soul. In addition, he belongs to a non-denominational Bible study group for men which meets every Monday evening.

Throughout the day, affirmations remind him to "create a great day," a saying for which he is well known. His computer passwords are all positive messages like "carpe diem."

Behind him, his computer screen saver flashes the positive reminders of Successories: attitude, success, change, diversity.

But Warner's happiness isn't automatic: "There's a lot of introspection that goes on," he explains. "I'm willing to challenge myself and put myself in situations that force me to ask questions."

A jar of M&M's on his desk reflects Warner's decision to live life to the fullest. "I eat chocolate every day of the year except Lent . . . it helps with my mental health . . . it's my health food for the day," he jokes, although he balances this passion by working out at UREC several times per week.

And part of the "Warner Way" of living life to the fullest involves getting out of comfort zones. No stranger to taking risks, Warner explains that as an optimist, he doesn't see limits. "There was a part of me that said, 'Mark, you will never get this book published' . . . The other half said, 'Mark, be persistent.'"

Despite his calling to spread his beliefs to others, Warner is quick to label himself an introvert. "I'm much rather have a deep one-on-one conversation than have a superficial conversation with 10 people."

Stemming from these conversations, Warner has amassed an eclectic ensemble of whom he calls his "incredible inspirations," people who have inspired him in a particular area. These people, through their inspirational contributions, have enriched him spiritually. "I'm always on the lookout for some kind of mentor, people I can learn from."

His spiritual mentors are many: friends from his undergraduate days, fellow professors and administrators, and his parents. "He always leads by example," Warner said of his father and the influence he had. "He created an environment where family was paramount. If I can be half of what he is when I grow up, I'll be successful."

One of his biggest inspirations was his mother who died of multiple sclerosis in 1993. "She was the most positive person I'd ever met in my life," he says, with the joy and honor of remembering her life. "She was bed-ridden for the last five years of her life, but when you walked into the room, she'd smile, and it was like nothing was wrong. For her, life was a beautiful thing . . . She taught me to live for the moment."

On the job, Warner is quick to mention one of his most important mentors: JMU President Dr. Linwood Rose, who hired him out of graduate school. "He's my professional mentor." Rose returned the compliment by saying he considers Warner to be "the soul of JMU."

It is at JMU where Warner intends to stay. "I love coming to work. When I wake up in the morning, I'm excited about my day," he says.

"I'm always on the lookout for different opportunities where I can apply my talents," he says. "I ask myself, 'What's best at this time of my life?' Right now that's this job and teaching."

The 1998 James Madison Distinguished Teaching Award confirmed his talent for teaching and the impact he's had on the JMU community.

Though he says he'd one day like to teach full-time, as vice president of student affairs, Warner will continue infecting the JMU community with his infectious spirit of hope and optimism.

Warner's most important message is one he spreads through words and action: "Everyone's got the gifts inside to touch another's life."

TAMAR ANITAI is a junior SMAD major and double minor in English and TSC from Virginia Beach, Va. This summer she is interning at Jane Magazine in New York City. After graduation in December, she plans to work in magazines.

This self-proclaimed flower child of the 70s, Chris Bolgiano, proves that she is an all out . . .

---

The drive to author Chris Bolgiano's home on the outskirts of Broadway is a daunting, albeit beautiful drive for someone not used to the sounds of seclusion. On the gravel road, no homes are visible. Only mailboxes lining the sides give away signs that human life exists alongside the borders of George Washington National Forest.

Driving up the winding road, we notice a pond to our left. In a little clearing up ahead we finally arrive at the home Bolgiano shares with her husband, Ralph.

For Chris and Ralph Bolgiano, building their house was a two-year process that began on graph paper and evolved into a passive-solar, wood-heated home that sits on 112 acres of wooded land.

“We acted as our own contractor,” Bolgiano says. “We hired someone to do the floors in the basement, we hired someone to do the plumbing, my husband did all the wiring and insulation. It took us a while to put something together that was simple and inexpensive enough. We did get all the permits,” Bolgiano jokingly adds.

In between building the house, earning tenure with James Madison University in 1980 and becoming an author of two books, Chris and Ralph managed to finally establish some roots.

Putting roots down for Bolgiano is a natural ending to the cycle of adventure and travel that she has experienced in her 50 years. A German-born American citizen who moved to the United States when she was 3, Bolgiano recognized early on that differences existed between herself and her American counterparts.

During research for her first book, *Mountain Lion: An Unusual History of the Pumas and People*, Bolgiano developed feelings of envy toward the mountain lion stemming from the animal's ability to adapt and survive in any environment.

“There is a whole literature,” Bolgiano says, shaking her dark brown shoulder-length hair and glancing at the ceiling, “that has developed in recent decades about people who are multinational, who were born in one place, grew up in another and whose parents are from somewhere else. I’m certainly not German. I am an American citizen, but there are things that I don’t understand about America and I don’t feel at home with some of the basic fundamentals.”

A self-proclaimed flower child of the 1960s and '70s, the petite Bolgiano said those were times to question all forms of structure. Bolgiano found a relief from the structure of the Washington, D.C. area where she resided.

“Nature just is, it works, it does what it does and we’re part of it,” Bolgiano says. “It’s a big mystery out there and no
Bolgiano relaxes by the pond that sits on her 112 acres which border the George Washington National Forest.

The decision to stay in the Shenandoah Valley came after Bolgiano declined a position in the library at the University of Alaska. Ralph gives his own version of why she rejected the position.

"I had just spent a year's budget on jeans," Ralph says. "This was the '70s so these were fairly tight jeans. I couldn't have gotten a pair of long johns underneath those pants."

According to Chris, the Bolgianos arrived at a college town such as Harrisonburg at the right time.

"I came three weeks after Nixon resigned, after the Watergate scandal, which was a good thing because that made it okay to have long hair," Bolgiano says, laughing at the memory. "My husband had long hair, too."

Over the next eight years, Bolgiano was promoted to head of technical services at the library and eventually earned a tenured position there before deciding to pursue another career path in 1980.

"At the time I thought I wanted to make lamps," Chris says. "My husband said, 'You're crazy.'"

Instead of lamp-making, Ralph suggested that she do something she enjoyed, such as writing.

Ralph says, "I supported her in her decision to write. I recognized the job she was getting into [with the library] and that she was being aimed at administration and that wasn't really her joy, her love."

Bolgiano claims her writing career started with "horribly dull, tedious jargon-filled articles on library science." She wanted to direct her work toward a more creative genre that includes her passion for the environment and its relationship with humans.

"I don't see the world as having too much pristine space," Bolgiano says. "Our landscape is a product of nature and culture. I just became more and more interested in how people formed those landscapes and then how the landscape responded back to what humans did to it."

Making the change from a tenured librarian to a free-lance writer meant teaching herself a completely different
writing style. Relying heavily on writer's reference books, Bolgiano says she started by mailing what she says were probably "hundreds and hundreds of query letters."

Although she admits to not having an educated background in the field of science, with the help of Ralph, a biologist, and a lot of reading, Bolgiano has become knowledgeable in the science of nature.

Bolgiano's first writing assignment came in 1982 when she approached Shenandoah Valley, a Staunton general nature magazine.

Since then, Bolgiano has written articles for several major publications, including three articles featured in the travel section of The New York Times. The articles were based on personal, research trips to Alaska, Idaho and Appalachia.

"They don't pay your travel there," Bolgiano says. "You do travel stories as a spinoff of other things you do, like taking a vacation. In my case, I'm usually going out there to do research for something else I'm working on and I'll spin off a travel story from it."

Despite writing success, putting together a book's worth of information was not an easy task for Bolgiano.

"I'd only written magazine articles before that," Bolgiano said. "I remember it was awful because I had all of this material and deciding where I was going to start was just awful. I'll never forget those first couple of weeks of not being able to sleep and getting up at dawn."

Ralph was surprised with her willingness to jump into a field that was both new and challenging, while noting that it is this ability that is one of her greatest strengths.

"In this business, there are few if any immediate rewards. The reward is finishing the book."

— Ralph Bolgiano

Her first book drew in part on previous research, taking her two years to complete.

For inspiration and instruction, Bolgiano used the works of such nature writers as John McPhee and Barry Lopez as a guide. McPhee's appeal to Bolgiano is the writers use of lucid and plain style of writing. From Lopez, Bolgiano draws on the writers' spiritual and emotional connection with nature.

To research the book, Mountain Lion: An Unusual History of the Pumas and People, Bolgiano traveled to the southwest and talked with several Native American Indian tribes to gain a better understanding of the relationship between the puma and man.

"I didn't stay in their houses and they didn't invite me," Bolgiano says. "You have to spend a lot of time getting to know them before they begin to trust you. It wasn't like I made these life-long commitments. They were very generous in terms of what they did give me, their knowledge and their time."

Bolgiano explains the relationship between man and cougar. "Ambivalence is the key to how people feel about the natural world. It's about how people feel about large, wild cats. The animal is agile and graceful and just breathtakingly beautiful. But it's also completely terrifying and deadly and you have this split reaction to it."

In 1998, Bolgiano published her second book, The Appalachian Forest. This is a book steeped in scientific and historical reasearch, while still allowing Bolgiano to explore her emotional ties to the wilderness while weaving for the reader a story of the history of the changes the land has endured over time.

"I've spent my entire adult life in Appalachia, but I've always been an outsider," Bolgiano writes in The Appalachian Forest. "I am unanchored by ancestry here, rooted only by my longing to belong. It is to the woods I feel most bound."

With their home built, twenty-five years with JMU and now an established writing career, Bolgiano has reached a comfortable point in her life.

With more projects in the future, she looks to further establish roots of her own. In the first chapter of The Appalachian Forest, Bolgiano affirms the fact that she really is, at heart, a wilderness woman.

"Such extremes embody the wrench and the promise I know now to expect from Appalachia, as I explore the rooms of my mansion, and the forests of my heart."

Bolgiano has followed her heart back to her beloved Shenandoah Valley, where she is still searching for more wilderness to explore.

Magda Salazar is a senior SMAD major from Texas. After graduation, she will be working with the U.S. Geological Survey Department in Reston, Va.
Chris Fulcher, co-owner of Luigi’s Restaurant in Harrisonburg, demonstrates the perfect pizza spin to a Bright Beginnings’ preschool class. The session is part of the restaurant’s “How to Make a Pizza” tour.

Luigi’s restaurant “embraces a counterculture but still finds a way to remain mainstream.”

Story and Photos by Meme McKee

On South High Street, there is a place that stands out from the houses, hardware stores and lonely sidewalks. Flashing lights escape over its full parking lot as dusk arrives, and behind glass windows, past the hanging plants, heads continuously nod as a few people shuffle from side to side.

The door opens and music escapes over the murmur of chatter as a pleasant aroma hits the air. To the right, pizza dough flies towards the ceiling. To the left, people eat, talk and drink.

Christmas tree lights dangle from above, flashing their own rhythm as they reflect off the brightly colored window drapes and the plastic checkered table cloths.

The phone rings, and conversations continue in a mild roar. But even with such commotion, the booths and tables
Curio’99

offer a comfy escape to relax while enjoying the usual, yet so unusual, dinner at Luigi’s Restaurant.

Wall ornaments ranging from postcards, photos, school drawings and posters keep eyes busy while ears listen to the sounds of Tom Petty, the Grateful Dead, or even Elvis. The music selection really depends on who is working. Regardless, the tunes vibrate throughout a restaurant that has “just evolved,” according to Chris Fulcher, one of three owners.

“Some of this stuff has been on the walls for years,” says Bob White, another owner. Auburn Mann completes the ownership and together they operate an establishment that offers a unique eating experience.

The three partners ventured into the pizza business five-and-a-half years ago. Fulcher had already worked there for five years and had helped Mann get a job soon after he began. White had recently returned from New York City where he had worked as an actor. White was hired as a general manager, and soon enough, these JMU graduates headed into business.

All three had known each other during their years at JMU. White (’82) was originally from Harrisonburg; Mann (’90) from Charlottesville; and Fulcher (’92) had spent time in Richmond before college but is originally from Texas.

“The previous owner, Tim Fratancangelo, was extremely organized,” White says, commenting that when the three took over the business, things were well established.

“There is a family kind of aspect here,” Fulcher says, who tells his employees not to make him be a boss. “It’s no fun telling someone, ‘You’re not doing your job,’” he says, especially when everyone is so close.

Employees at Luigi’s have incorporated a “misfit” attitude according to Fulcher. “It’s a real interesting parody,” he says, “because a lot of the people who work here are well educated, but are just not interested in playing by the rules.” Often, the employee flipping pizzas has also earned a masters degree.

The philosophy at Luigi’s, according to Fulcher, is that there “are no real bosses.” The restaurant “embraces a counterculture, but still finds a way to

Once employees, but now a trio of owners, Auburn Mann, Chris Fulcher and Bob White, all JMU graduates, help Luigi’s Restaurant retain its uniqueness by remaining coworkers to other employees.
remain mainstream.”

One side of the front dining room is without windows because about 10 years ago a dairy truck ran into it and the quickest way to rebuild was to go windowless. Interestingly, two women have had their water break in booth nine, so pregnant women should be forewarned if they choose to sit there.

“On Friday and Saturday nights, people tend to think it will be extremely rowdy in here,” White says. “That’s a misconception.”

“Five years ago, the music was way too loud,” White confirms, adding that the restaurant was a little wilder in those days. “We’ve turned the music down a little now.”

During their ownership, Luigi’s has evolved. Fulcher saw an idea at a restaurant about traveling and taking pictures with the restaurant’s T-shirts. Now, this idea is a Luigi’s tradition. A person sporting a Luigi’s T-shirt has to take a photo in front of widely recognized place and then return with the picture for a free pizza.

“The idea has exploded,” White says, who mentions the wall of pictures is full and has begun to take over another wall.

But the idea isn’t about traveling to Reddish Knob or Skyline Drive. The picture wall is a collage of scenes from Paris, Venice, Seattle, Las Vegas, Yellowstone, Hawaii, the Sahara and even of Teotihuacan, an ancient Mexican civilization.

Sometimes during lunch there might be a large number of children around the restaurant. This can be attributed to the elementary classes that come to participate in Luigi’s “How to make a pizza” tour.

On this day, Bright Beginnings owner Lisa Copley brings her preschool class in for the tour. About 30 5-year-olds parade in the door and head straight to the back room where an afternoon of excitement awaits them.

“What food group is pizza in?” Copley asks the children after they have taken their seats. About six parents disperse throughout the room to help control the children.

“Dough,” one child responds with a giggle. Copley agrees, and helps the children to name the remaining food groups. Fulcher comes in and greets the kids.

“Who wants to see the dough machine?” he asks. Squeaks and smiles erupt from the class as they get up to head to the storage room. After seeing the dough machine swirl dough, they each receive a handful to taste, even though most just play with it. The kitchen is the next stop on the adventure.

“Don’t touch anything without permission,” Fulcher says in a somewhat serious tone, then adding with a laugh, “or you’ll end up looking like me.”

Fulcher begins to flatten the dough while the kids’ eyes grow larger. Comments like “Cool!” and “Wow!” engulf the small area around the stove, as the kids watch him throw the dough above his head and spin it on his hands. After the children tell him what to add next, Fulcher spreads the tomato sauce around and throws on some cheese.

White says the whole tour idea gives the teachers a break from the normal routine and offers the kids a little extra excitement in their day.

Almost every teacher asks the owners to talk to the class about the food pyramid. Fulcher and White look at each other and laugh, saying “Isn’t that on the pizza boxes?” Fulcher jokes with the children later when he asks what is at the top of the pyramid. “Pizza, right?” he says sarcastically. Yet, as the children retreat in giggles, even they know the truth.

Thank-you pictures the classes draw and send after the tour cover the restaurant from front to back. Some have class photos stuck on them, but most seem to say what Copley tells her class as they eat their pizza. “Luigi’s is the best pizza ever,” she says.

Luigi’s also participates in “Celebrity Chef,” an annual event to benefit the Valley Aids Network. They join other area restaurants in a food tasting affair. Employee Mike Woodard says it’s always funny because while other restaurants’ employees come to the event dressed in their cooking whites, the Luigi’s gang sports their tie-dyed T-
With about 20 employees, plus the three working owners, employees can find time to take off and travel or just to enjoy life. Woodard has worked at Luigi’s for about 13 months. His flexible schedule is high on his list of why he likes his job. He is currently excited about his upcoming five-day trip to Las Vegas.

Fulcher and White went to the Bahamas over Christmas, bringing back an underwater snorkeling picture of the Luigi’s T-shirt to show.

Woodard’s mom, Jinny Coyne, works along with him. In fact she has worked there for more than 10 years, which is why she has a sandwich on the menu named after her. Woodard says the “Jinny Bee” is appropriate because his mom often “buzzes around like a bee” taking care of the whole restaurant.

“She is all of our moms,” Mann says, who claims everyone acts a little better when Coyne is around. Mann attributes the name of the sandwich to Coyne’s hobby of keeping bees and making honey.

With a refreshing youthfulness, Coyne smiles as she refers to the sandwich, admitting she stays busy around the restaurant.

Coyne, who worked for the previous owner, says things have not changed much since the trio took over. In fact, she says, selling the business to employees was how Luigi’s was able to retain its originality. “The owners are our coworkers,” she says.

“My mom and I have tip competition,” laughs Woodard. “It makes work a little more fun.”

Coyne mentions she accidentally started a “dough ball” tradition. “To keep kids busy,” she says, “I gave them dough balls to play with while they waited for their food.” Now, kids come in asking for dough balls as if they are on the menu.

Coyne also enjoys time off. For six months of the year, following college graduation in May until mid-October, she goes to her cottage on Chincoteague Island. She leaves the tables and orders behind, and becomes a tour guide for Assateague Island tours.

“There is little tension here,” says Bill Blecker, Woodard’s roommate who has worked at Luigi’s for four months. “If we get stressed, we turn up the music,” he says grinning.

Blecker says he knew most everyone working at Luigi’s, and somehow got pulled into the family when he received a call asking if he would pick up a few shifts.

Coyne says that it’s not uncommon for former employees and friends traveling through town to stop in and work a couple shifts.

In Fulcher’s 10 years of working at Luigi’s, he says there have probably been over 100 employees. The owners have talked about having a huge Luigi’s employee reunion party sometime in the future.

Mann, Fulcher and White have been approached about franchising and expanding, but are not interested. They do admit they have considered re-starting a delivery service. Years ago Luigi’s did deliver, but the kitchen capacity just could not handle the pressure. New kitchen facilities would be added if delivery does begin again.

“We are as liberal as they come,” says Fulcher, laughing about a disapproving comment a customer just made about his John Stuart Mill T-shirt. “This place is a product of the people who work here. The restaurant has evolved just like its people.”

Luigi’s Restaurant is located at 1059 South High Street in Harrisonburg. Call (540) 433-0077 for more information.

Meme McKee is graduating with a degree in journalism. She hopes to volunteer in the Peace Corps, and afterwards, she plans to pursue magazine work.
Hunting for Treasure

Although some long for the newest and most fashionable trends, James McHone knows the value of seeking beauty in the past.

By Megan Ross

Three items in McHone's treasure chest — clockwise from top left, a hand-painted broach, a dragonfly from the 1920s and a diamond-and-pearl crescent c. 1880.

He's one of the Valley's best hunters, yet there isn't a pair of camouflage pants in his closet. He's never pulled a trigger, and chances are he couldn't tell you the first thing about tracking down a 12-point buck.

But ask James McHone to find an 18th-century Japanese dinner plate or a string of black pearls from Tahiti and he's likely to be hot on the trail in a matter of minutes.

"Shows, auctions, advertising, the Internet, I'll go wherever I have to to get them," he says in his upbeat southern Virginia accent.

From the looks of things at his antique jewelry shop on Court Square in Harrisonburg, he isn't kidding.

"It's hard to imagine, I only had 24 items when I opened shop in 1978," he remembers with a proud sigh. He has good reason to feel proud.

Twenty-one years later, over 7,000 pieces of antique jewelry glitter in the glass cases and rotating displays in his downtown shop. Silver pins that once belonged to the wives of soldiers lost in the Civil War, elaborate pendants made during the reign of Queen Victoria, platinum bracelets designed in the art deco style of the 1920s — and of course, dozens of engagement rings, each one more unusual than the next.

"There are pieces I've sold 20 years ago that are now going to the heirs of the original customer," McHone said. "Now the heirs are coming in and asking if I know anything about a particular piece, and I'll say sure, I remember when your aunt bought that."

At 47, he says it makes him feel old to remember life 20 years ago, but he
still goes about his daily activities with the youthful
vigor of a man in his mid-20s.

“He’s very ‘up’ all the time,” said Tina Shull, a
JMU alumnae McHone hired six years ago to help
him manage the shop. “Very energetic, always busi-
ness-oriented. He definitely loves his job,” she said.

McHone won’t deny the fact that his energy and
enthusiasm for what he does are the reasons for the
success of his business.

Dressed in tan slacks, brown loafers and a cream-
colored sweater with a collar peeking out, McHone
conducts business with fervor. He talks as quickly as
he darts around his shop, just as excited about each
sentence as he is about each step he takes.

He is constantly explaining the history of new
pieces of jewelry to his employees: how a Russian
pendant was made, where it came from, how it got
placed neatly into one of his shop’s black velvet
trays for display. The phone rings incessantly, with
calls from local clients, JMU alumni on the West
Coast, jewelry dealers in Washington, D.C., or con-
tacts in New York. It shouldn’t surprise anyone who
knows McHone that his favorite self-descriptive
term is “manic.”

“I think it’s the nature of a collector,” he says,
clutching a cordless phone in his left hand. “You
chase down something and you don’t get it, your
mood goes down, and then when you chase some-
thing down and you do get it... it’s very exciting.”

McHone’s level of enthusiasm wasn’t any differ-
ent at age 10 when he officially began his career as
an antique dealer and collector.
Top: James McHone has over 7,000 pieces of estate jewelry in his shop, including pieces like this black pearl necklace dangling beneath an emerald-and-diamond necklace. Left: McHone opens a piece of Chinese cloisonne from the 1880s. Above: These amethyst earrings are 45 carats each surrounded by diamonds, c. 1920.
“My dad would give me a $5 bill, which was a fortune at the time,” he said, remembering a particular vacation to Hot Springs, Ark., with his parents in 1962.

During the days, McHone wandered in and out of a strip of boutiques called Antique Row. “I’d go in and buy silver and small paintings for my mom, who just loved them, and pretty soon my dad was giving me $50,” he said. “The [antique] dealers were very open, and they spent a lot of time explaining things to me.”

He carried his fascination with antiques throughout his school years, and continued to collect as an economics major at JMU. Three years after finishing his MBA, he opened shop on Court Square.

“My father used to tell me, make a profit, don’t try to retire on one deal,” McHone said.

The success of his shop, which hasn’t stopped making a profit since it opened its doors, is based on this “building blocks” philosophy.

“I try to make things personal,” he says. “You see these programs on TV that say, ‘You gotta watch your jeweler’—but the key to that is to have your jeweler be one guy that you know well. You don’t just say ‘I trust you; you build up that confidence over years,” he says. “I would be hurt if my clients didn’t check up on me.”

The shop clientele is about half-local, half from out of town. Shull says the shop carries a lot of pieces that are high-end, but also a large number of pieces that more people can afford. McHone says he jewelry hunts for “a very loyal following of people.”

“Anybody can do it,” he says as if it were as easy as reading an instruction manual. “All I am is a caretaker, a curator of antique jewelry. I’m just protecting these things for a lifetime.”

MEGAN ROSS is a junior SMAD and English double major from Springfield, VA. She plans on attending law school.
For Deona Landes Houff,

eightyone

is more than an interstate.
Walking into the home of Deona Landes Houff, the editor and publisher of eightyone, one might expect to see a large production room adorned with computers and filing cabinets. After all, Houff runs the monthly publication out of her home. Yet upon entering the home, there is no visible office. In fact, it seems like a typical family house. Her son's toy trucks lay on the floor, the refrigerator is covered with pictures and little magnet letters and the living room is nicely decorated with plants and paintings. So where does the newspaper happen?

There is an office in Houff's home and it contains a computer, a printer and a scanner. The walls are lined with finger paintings by her son, along with the covers to her monthly newspaper. Eightyone comes together here, with the help of freelance reporters, contributing editors and ad managers. They don't meet in this office, they submit work via e-mail since they live all over Virginia in places like Staunton and Richmond.

Houff moved back to the Valley from Richmond with a mission: to be with her family. Starting a newspaper was not her intention, but she saw the need for a new, "alternative" area publication. Houff defines alternative as "independently owned and open to diversity." Even though Houff had no plans to start this newspaper, eightyone has met these standards.

"I didn't come back here to start a paper [but] there was a lack of stuff to read," Houff said. "I really missed publications work, which was what I had been doing."

Formally an associate editor at Style Weekly, a Richmond city news magazine, Houff, along with her colleagues, earned First Place in the National Press Women awards and First Place in the Virginia Press Association general make-up award. Houff brought her credentials and zest for journalism back to the Valley and shaped eightyone into a sharp-looking monthly newspaper with an alternative flair.

Eightyone, which is free to area residents, is funded solely by advertisements. Its premiere issue featured an article profiling area school principals and a column warning Americans of growing apathy in our nation. The paper has also covered topics including the stock market, National Basketball Association star Dell Curry (which Houff wrote herself) and the Y2K bug. Houff chooses most of the story ideas herself, with no set agenda in mind.

"There's not a formula. I consider time of year and I'm not interested if its something that's been covered a lot," Houff said "There's a lot of cool stuff going on around here, and it's a challenge to not make it sound the same way over and over."

Houff would eventually like to expand eightyone into more of a news-oriented paper. She plans to rent office space in downtown Staunton, where she wants to relocate, and hopes that eightyone will grow from there.

"I would love to be doing news. I think we will eventually grow into that," Houff said. "I think I've done okay starting [eightyone] but I think I'm going to need some help to really grow it, certainly business-wise. I would love to just have almost all my time to be made up with stories, artists and photographers. It would be a much, much, much better paper."

Jennifer Niesslein, a contributing editor at eightyone, sees Houff's vision for the paper becoming a reality. Along with Houff, she is aware of the need for a fresh new publication in the area and wants the paper to become more news oriented.

"I think [becoming news-oriented] is a great idea for this sort
Deona Houff and son, Chance, embrace in a candid moment. Deona adopted the Russian-born child after a year-long process.

of paper. My feeling is that’s what people want,” Niesslein said.

Contributing editor Sue Robinson Sain thinks Houff is definitely leading the publication in the right direction. A long-time colleague and friend of Houff, Sain serves as an adviser and consultant for eightyone, and sees a bright future for the paper.

“I think [eightyone] is a wonderful addition to the Valley’s media mix. I’ve seen the area change and grow over the years and I never thought that its media have kept pace” Sain said. “[Houff] is an experienced editor and capable writer, and I think she has a clear vision for the publication. I admire her spirit and passion for the project.”

Spirited and passionate are two words that encapsulate Deona Landes Houff. On a more personal level, this editor and publisher of eighty-one is a single mother of her five-year-old adopted son, Chance. He was actually the subject of an emotional article written by Houff in January’s issue of eightyone. The piece detailed the grueling yet joyful process of adopting a baby from Russia.

“I was just really ready to be a parent,” Houff said. “I had read about [the adoption process] in the paper and I was driving home from church one Sunday afternoon and it just hit me. I should do it.”

It took Houff over a year to get Chance from that point. She wrote in her article “adopting a foreign child takes a will of steel coupled with the ability to surrender total control as the unpredictable process unfolds.”

Houff finds being a single mother isn’t incredibly hectic because she works out of her home. She schedules interviews and other appointments around her son’s school schedule.

“It’s overwhelming sometimes. But I don’t work all of the time,” Houff said. “It’s actually been easy having Chance at home and working here.”

Working at home and being her own boss are advantages to being editor and publisher of eightyone, according to Houff. Yet there are disadvantages as well.

“The responsibility can be exhilarating and burdensome,” Houff said. “There’s no one to blame. If [eightyone] had already been started, I would’ve been happy to work for it.”

But eightyone hadn’t been started, it was all Houff’s “modest beginning of a dream,” as she wrote in the first issue. With every issue of eightyone published, Houff comes closer to attaining this dream, as her enthusiasm for the paper grows.

“If it’s not something you’re passionate about, of course it’s going to take you that much longer to get it done,” Houff said of expanding eightyone. Houff’s dedication and determination will certainly make her vision for eightyone a successful reality.

JACQUELINE CISTERNINO is a senior Media Arts and Design and English double-major. She is pursuing a career in print journalism, and is working at the Coast Star in Manasquan, N.J. after graduation.
GIVING HOPE A CHANCE

Using tremendous teamwork, Special Olympics of Virginia proves that through heroism and determination anyone can win in sports, and more importantly, they can succeed in life.

STORY BY KELLY NEWTON   PHOTOS BY CHRISTINE GRAVES

Volunteer Susan Kim, Billy MacDonald and Daniel Richey prove that Special Olympics athletes and volunteers make a connection with each other. “That bond is what keeps volunteers coming back,” said Joe Deely, Special Olympics volunteer and local special education teacher.

— “Hey Joe! Joe, watch this.”
— “Way to go Steve, that was great!”

Joe Deely pumps his fist in the air encouraging Steve Bridges as he dribbles the ball down the court and passes it under his legs to a teammate. Steve races back across the court and with a proud smile slaps his coach with a high five.

Special Olympics Virginia serves hundreds of talented athletes who have clearly gained from its programs. Every Wednesday night from January to April, about 50 athletes and volunteers take over the gymnasium at Keister Elementary school in Harrisonburg.

Among those who come to practice each week are Roger Southerly, David Swartzendruber and Julianna Mansfield. For over an hour they work on dribbling, passing and shooting before ending practice with three-on-three scrimmages.

Southerly and Swartzendruber are both in their mid-30s and have participated in Special Olympics since middle school. Special Olympics has helped both men maintain a strong position in the community. Southerly has worked at Super 8 for a number of years and Swartzendruber lives with a roommate in Broadway where he has worked at a grocery store for 15 years.

Julianna, a 15-year-old Harrisonburg High School student, is one of the most enthusiastic athletes. Julianna proudly proclaims, “I’m getting all ‘A’s on every report card!” Her constant smile and never-ending giggling are contagious as she bounds up and down the court chatting with everyone.

As a basketball and volleyball coach for Special Olympics Virginia, Deely sounds like a proud father when he talks about his athletes. “Steve’s a great guy. He loves competing, and he’s such a ham when people are watching. He’s always got to be the center of attention.”

Shooting three-pointers and serving over
Russ Chewning plays tight defense as Jeff Bova dribbles in for a shot. "Special Olympics is a great program," said Deely, "it gets them moving and exercising."

In three decades Special Olympics has evolved into a global movement celebrating athleticism, courage, sportsmanship and joy.

Special Olympics Virginia is a state program of Special Olympics International. The Virginia chapter of Special Olympics International is divided into 24 multi-county areas.

Harrisonburg, Rockingham, Shenandoah and Page counties make up Area Four, serving approximately 250 athletes. From August to June, they participate in alpine skiing, aquatics, athletics (track and field), bowling, soccer, softball and volleyball.

Sanctioned by the International Olympic Committee, Special Olympics athletes train year-round for sports competitions which are patterned on the Olympic Games. Virginia athletes from all divisions can compete in State, Regional and International Games.

A regional basketball tournament was held in Charlottesville in February, attracting nearly 300 Special Olympics athletes from around Virginia, and 20 from Area Four. Doug Krohn, a senior at James Madison University, helped coordinate the event. "It inspires me to make myself better," he says. "It's so heartwarming to see these athletes getting so excited about competing in the Olympics."

Krohn began volunteering with Special Olympics in high school and has continued his public service throughout college as a coach and an event coordinator. Krohn loves working with kids, so when he was asked to organize the tournament in Charlottesville, he jumped at the opportunity. "I try to stay involved whenever I have the time. Special Olympics is a great program to be a part of."

The tournament consisted of individual skills, half-court, and full-court competitions. Each competition is divided into one of three divisions: junior, senior and masters. Teams and divisions are organized according to age as well as ability level.

Special Olympics goes out of its way to give each athlete the opportunity to compete on a fair playing field. Each athlete earns a blue, red or gold ribbon for placing first, second or third, in honor of competing in the tournament.

Krohn spoke highly of Special Olympics when saying, "It is such an amazing opportunity for these athletes to compete and feel successful in different sports that they otherwise would not have been given a chance in."
Deely has been a basketball and volleyball coach for two years, but his involvement with Special Olympics Virginia began during his years studying special education at James Madison University.

“Special Olympics is a great program. It gets them moving and exercising,” Deely says.

Deely reflected on the advantages of being a Special Olympics athlete. “It’s such a tight community,” he says. “Lots of the athletes live together or run into friends at out-of-town tournaments.”

Not only is Special Olympics successful in teaching life-long lessons to millions of people with mental retardation but as Deely explained, “It’s a big social event for them. They all come here to see their girlfriends and boyfriends.”

One of the most dedicated spokespersons for Special Olympics Virginia is Sherry Hill, director, northwest section. Hill has been with Special Olympics for 26 years, when she began volunteering as part of her Psychology and Special Education studies at James Madison University.

Hill is enthusiastic about the positive effects of participating in Special Olympics. Citing a 1996 study by Yale University, Hill said, “If you can start in Special Olympics when you’re young, it’s been proven to make a difference.”

The Yale study is the first scientific study to focus on the social and emotional goals of Special Olympics, instead of just the physical fitness and athletic achievement. According to the study conducted by mental retardation experts, Special Olympics athletes perform better at school, work and at home the longer they participate in the program.

“This study suggests that athletes who participate in Special Olympics acquire important skills that can help them gain employment, maintain relationships, function independently and contribute to community life,” Eunice Kennedy Shriver says in the study.

With the ability to assist people from age 8 through adulthood, Special Olympics athletes view growing up differently than others do. They are not locked into the “adult” view of settling down. Adult athletes are just as active as the children, participating in multiple sports throughout the year.

Hill explained, “Nobody told them that when they turn 60 they have to sit around and knit booties . . . they just keep on going.”

Hill attributes the Harrisonburg area, Area Four’s continued success to the dedicated assistance of local volunteers.

“Area Four has had a core group of parents that have volunteered for a very long time,” she says. “There’s a consistency there that is very beneficial.”

Deely says, “Athletes and volunteers make a connection with each other, so when someone doesn’t show up, the athletes are disappointed. That bond is what keeps volunteers coming back.”

Although Special Olympics International has offered widespread assistance throughout the world, its programs reach only 1/170th of people with mental retardation.

According to Hill, “There are easily 1000 people with mental retardation in the area, but we just aren’t reaching them.”

As a full-time special education teacher at J.F. Hilliard Middle School in Broadway, Deely knows firsthand that there are plenty of young people with mental retardation who are not getting involved in Special Olympics.

“It’s a shame,” Deely says, “but since the organization is fully run by volunteers, it is often too difficult to implement campaigns to reach more of the community.”

Volunteers are an essential link in the chain that holds Special Olympics together. They do everything from public relations campaigns, to fundraising, to coaching. “We always have a need for people who are willing to take a piece of the pie and run with it.” Hill says.

Special Olympics International is a viable program for a huge number of people, and it’s free. Acknowledging the ever-expanding need for Special Olympics programs, Hill recognizes, “If the world was a fair and equal place, there would be no need for Special Olympics.”

Contact the Special Olympics Virginia office at 800-526-6133.

Kelly Newton is a senior mass communication major from Alexandria, Va. After graduation, she hopes to move to the West Coast and work in the field of public relations.
In the summer of 1969, a young minister originally from Providence, R.I., became the first male campus minister at Madison College in Harrisonburg. It was a small school with an enrollment of 3,000 women and 600 men, and it was rumored that any male with a C average could attend.

Back then, Main Street was only a two-lane road and Cantrell Avenue was simply a one-way street. On the corner of Main and Cantrell was an old two-story stucco building that housed the Baptist Student Union, where the young man began his career in campus ministry. Thirty years later amid many changes at JMU, the Baptist Student Union building still sits on the corner of Main and Cantrell and Archie Turner, at age 56, is still its campus minister. He is the longest-running Virginia campus minister at one university and is celebrating his 30th anniversary at JMU.

Over the course of those 30 years, Turner's job description has expanded quite a bit. When he first began in 1969 he was the area Baptist campus minister to Madison, Eastern Mennonite Col-
The self-made fish pond in Turner’s backyard is a source of pride for him.
Turner entertains guests at a celebration of his 30th anniversary at JMU. Alumnae and students joined together in thanks.

Turner says it takes about five to seven years to get a student fellowship like that on strong foundation at a university that has never had one before. “And so, I have my work cut out for me,” he says. “I still have plenty yet to do.”

While Turner feels he “has miles to go” he’s taking them one step at a time. On an average Monday, Turner takes his cell phone, laptop computer, printer, files and books on a cart he jokingly refers to as his “portable office” to PC Dukes from 10 a.m. to 1 p.m. where he talks to students and returns phone calls and keeps his daily appointments.

After that, it’s home to cook dinner. “I’m the cook in my house five days a week,” he says. Evenings usually include Bible study and a meeting with the BSU leadership team. Wednesdays, he commutes to Bridgewater College.

Tuesdays and Thursdays are the days when Turner drives about two hours either north or south to visit one or more of the 15 schools he is responsible for. He sees many differences between JMU’s ministry and those of other schools, and thinks JMU is unique because of its location.

“We’re blessed with a location that is agricultural based, and because of that there are many farmers who use migrant help in the apple picking season. BSU for about 20 years or longer has had a migrant ministry program to involve students that speak Spanish for what amounts to an adult education Bible study.”

His close involvement with students is what Turner says he likes most about his job. “I think [what I enjoy most about work] is being a friend to students at a time when so much is up in the air for them, so much is unsettled. Being a friend to students in the midst of their questions: What am I good at? What am I not good at? What are the expectations of me? Will anybody want to marry me? What if I fail? I love to be the one to encourage them through the midst of all those things.”

Turner thinks it is important to not take on the role of surrogate parent, but “rather be someone who can walk with them during the four, five, six years that they happen to be here.”

He lets his students know how much they are loved by Jesus Christ, and says the joy of campus ministry is seeing students “grow and change, and spread their wings kind of like a butterfly . . . to watch them grow more confident and more secure.”

Turner’s influence is not lost on the students he counsels. JMU senior and current BSU member Brad Jenkins says, “I’ve always been impressed by Archie’s wisdom and peace as he has counseled me through some important decisions. When I was making a recent decision about whether to go to a missionary interview, Archie approached the decision with me with peace and assurance. Certainly, it is his deep faith and trust in Christ that brings him such peace, and I hope that I can gain that same kind of trust as I grow in my own faith.”

Turner says he keeps in close touch
with BSU alumni, and has even had the experience of working with some of their children. “When you're here 30 years, that happens,” he says.

When he's not working, Turner enjoys baking four loaves of bread a week, doing carpentry on the picket fence he built for his home, gardening, talking to and feeding the “well-trained” fish in his backyard pond and taking daily walks with his wife Cindy.

He and Cindy also stay in close touch online with the friends they’ve made in China, where they’ve taught English for the past three summers. Teaching comes naturally to Cindy, as she’s been a fifth grade math teacher at South River Elementary School in Rockingham County for 20 years.

Turner and Cindy are weekly attendants of the Memorial Baptist Church in Staunton, where they once taught Sunday school. They have three children: a daughter and two sons, and one grandson.

Staying in an attitude of prayer most of the time is what helps Turner stay focused on doing the Lord's will. “I ask the question, almost as a form of prayer, ‘Lord, show me where you want me to be today to make the greatest degree of difference I can make for you.’”

And at the end of the day, I will look back over how I spent my time to see if I have a sense of peace, to see if I've been at the right place at the right time.” He says some days it is more obvious to see than others, especially this year, having been instrumental in beginning new Christian fellowships at several area universities. “It’s been a good year, a very good year,” Turner says.

Turner cites his favorite passages of the Bible as the 12th and 13th chapter of I Corinthians. “Chapter 12 talks about fellowship in terms of the human body, and that the body works most effectively when hand and elbow and whatever are working together,” Turner says. “I think the meaning of that scripture for me is that the body of Christ ought to be welcoming and inclusive of all sorts of diversity. We are a fellowship where all different aptitudes and skills and desires represent different features and functions of what the body of Christ can be.”

Turner says Chapter 13 is important because it spells out how “gentle and self-giving Christian love really is. And that when all else fails, the greatest thing in the world is Christian love.”

Turner says there have been several instances where he's watched a student devote his or her life to expressing the Christian love he describes, and has felt touched by the spirit of God. “I've felt it in the lives of students on retreats, where I've seen students go off on a mission trip and discover their life’s work.” He says each year he sees students hear God's call and respond faithfully, and takes joy in being their friend in the process.

Donna Ragsdale Dunn, a former BSU member says, “I can think of 10 people off the top of my head who went to seminary, and I know of missionaries who went to Africa, the Philippines and China. BSU was a place that helped all of us grow in faith.”

Turner’s influence has helped students not only to “grow in faith,” but also into confident professionals. Lisa Wright, a 1988 JMU graduate was on the BSU planning council. “Before that experience, I was rather quiet and did not demonstrate leadership skills,” she says. “Archie always allowed us to solve the problems. He was there to offer advice, but let us take the lead. I know that personally, that experience has helped me professionally and I have had various leadership roles in my church. Archie develops disciples.”

“I've had a good time in my ministry,” Turner says. “I’d say my students are my teachers. They always keep me up on the latest in computer technology. They are always teaching me new slang. They are always showing me something new.

“I enjoy hanging out with students because I know I'll learn something. I keep asking, ‘God, what do you want me to be when I grow up?’ Because I feel that as a campus minister, you have to retain some sense of a child's heart, and a sense of playfulness and spontaneity. So my ministry has been one that I will miss when I retire. Because in many ways it has kept me young.”

KELLEY M. BLASSINGAME is a senior SMAD major from Gaithersburg, Md. After graduation, she plans to travel before pursuing a career in magazine journalism.
Swinging into Another Century

Contra dancing in Dayton builds a community of life-long friends

story by Marguerite Daniels
photos by Jennifer Baker

"Gals line up on the left, guys on the right. Bow to your partner... balance... and swing your gal!"

The hardwood floor echoes with an eruption of stomps and spinning. Couples sway in synchronized motion as they shift through the gym-sized room.

This is the Dayton Contra Dance, held the second Saturday of every month at the Dayton Learning Center. People of all ages gather to celebrate the historical tradition of this community dance. Throughout the evening, dancers undergo a physically challenging workout along with a healthy dose of fun.

The popularity of this movement is evident not only by each jam-packed dance, but also by the numerous web pages and contra dancer Doug Plummer’s poetry devoted to it.

ILLUSTRATION BY STEPHEN OSTER
"Turning, moving, spinning, dresses swirling, music beating, eyes in contact with a partner, then another, then another, then another, and the fiddle turns another corner, the phrase repeats, the dance repeats. You smile. Your body smiles. Everywhere."

Contra Dancing originated in New England 200 years ago, but was named by the French who converted the English term "country dance" to "contre danse" meaning opposites dance. Many of the basic moves were established in square dancing, such as the swing, promenade, dos-a-dos and the allemande. However, it wasn't until the early 1970s that contra dancing began to explode across the country.

"I liked the whole package—the music, dancing and socializing. It's a nice pastime—see your friends, get a little workout."

— Nick Whitmer

By the early 1980s, the Shenandoah Valley had caught the contra bug. According to Lis Chabot, the interest in contra was inspired by square dancing and clogging, specifically the Massanutten Mountain Cloggers. But, Chabot says, "Square dancing is tame compared to contra because it's done to a recording."

The Virginia style has been progressing alongside the contra national trend. It's gotten faster and more complicated with an increase of swinging. Traditionally, contra dances are frequented by 35-to 50-year-olds, but the Dayton dances are unique "in that a lot of young people are coming out," says Paul Rosen, guitar player for the Buzzard Rock Bayou Boy. "This is nice because we need people with good knees."

Contra dancing is gaining popularity because it's easy for beginners to learn, but varied enough to keep experts entertained. Generally, there's a caller to explain each dance and remind you of the steps as you go along. A tradi-
Tional band consisting of bass, mandolin, guitar and fiddle helps keep the dancers on their toes. With a new band and caller at every gathering, each dance has a unique flair.

Little footwork is required so the choreography is simple to pick up.

“I'm not usually coordinated, but I can do this because of the repetition and the music,” Ashley Bourne, a James Madison University senior says.

Volunteer Dave Landes expands on this phenomenon. “I love being able to dance to live traditional music in this setting. People are out having fun and no one's worried about getting the steps exactly right.”

However, as told by Bill Meyers in his humorous book Guns at the Dance and Issues of Etiquette, getting the right move down used to be a graver issue.

“The proper allemande grip is just like shooting a handgun. Keep your wrist straight, hold your partner's hand firmly, but not too tight, and don't tilt your hands to the right or the left. With a handgun, of course, that throws your shot off. In the allemande, it twists your partner's wrist, which hurts.” Both could provoke an injury and stir up an otherwise good-natured contra dance.

As far as attire goes, anything is acceptable in Dayton. Many of the women prefer the loose flow of a long skirt partnered with comfortable shoes. The men sport anything from blue jeans to shorts and suspenders.

When Julia Merkel moved to Harrisonburg in 1991 for graduate school at JMU, she found the contra dances to be the perfect environment for socializing in an unfamiliar community.

“There was no social pressure because you don't need a date, you come here and meet people,” Merkel says. “It seems like the other venues for dancing are smoky bars. It's fun to dance and meet people of all ages. This is more family and community-oriented and most of the people that come are active in peace and justice issues of the community.”

The music is also a huge attraction for Merkel. “The music is a fabric of historic tradition. I know my ancestors must have danced to this.”

She started taking fiddle lessons from Two-Gun Terry, a music teacher and local “legend” because she wanted to learn to play the music that accompanied her dancing.

She first met her husband Mike Williams, a fiddler for the Buzzard Rock Bayou Boys, at a contra dance. Their shared love of the music continues as they both volunteer their time to keep the dances going.

“We aren't the only people who got married because of a contra dance,” Williams says.

Theoretically, you're supposed to switch partners for each dance. “That's one of the beauties [of contra], is you get to dance with every woman in the room.” But when he and Julia danced with each other, “sparks started flying.”

The “community” of the contra dancers is a pervasive theme among the regulars. There's even a group of people called “dance gypsies” who arrange their vacations to fall on contra dance nights around the country. Paul Rosen, guitar player for Buzzard Rock Bayou Boys, supports this practice himself when he's traveling alone for business. It's a safe way to have a good time in a new place and “meet a whole lot of dif-
ferent people," he says.

Contra is catching on at weddings and elder hostels as well. Rosen has called for a few weddings, which he believes is an unusual but gratifying event. All of the family members and friends can participate because the steps aren't too complicated. "You just get out and turn circles and it's a good way to mingle with the whole family," Rosen says.

Whether with family, friends or strangers, contra dancing has a way of magnifying insecurities and then requiring dancers to conquer them. The majority of the dances call for a tight embrace with a stranger; and in order to avoid dizziness, maintaining strong, intimate eye contact with that person is essential.

JMU senior Ashley Bourne says there's something magical about the mix of music and dancing with people you don't know. Dancing with a stranger "isn't bad," she says. "It feels awkward at first, but everyone's enthusiastic and makes you feel less self-conscious."

Williams hopes that contra dancing will stick around well into the future, "because our society needs it," she says. "People are afraid of each other because our (generation) is pretty uptight."

Williams describes the sensuality of the "gypsy" dance as follows: The couple is held together by their eyes.

They circle each other without touching.

"The eye contact eventually gets so bad you gotta grab her and progress into the swing," Williams says.

Eye contact adds to the connectedness of the dance while preventing nausea, especially during the swing where the man grips his partner on her shoulder blade and the two rapidly spin in place.

Williams notices that Dayton contra dances are "young and vital" which may be attributed to JMU folk dance professor Dr. Earlann Miller's driving influence. She sends her folk dance students to the Dayton dances for credit.

"They get turned on to it," Williams says, "And return the next time with their friends." There's also a strong EMU presence.

With a $5 admission fee, the volunteers raise just enough money to cover the expenses of the Dayton Learning Center, and the remainder is split between the band and the caller. Rosen explains that there isn't much of a profit for any dance band. "They do it just because they enjoy playing for the dances."

So with no financial profit, why do the volunteers offer their time and energy?

Nick Whitmer, who got involved back in the early 1980s when a friend took him to a dance says, "I liked the whole package — the music, dancing and socializing. It's a nice pastime—see your friends, get a little workout. And then there's always the sexual component — the flirting and carrying-on."

Williams is involved in organizing the current Dayton dances. His job is to hire a caller and a band each month. "I'm no dance guru," he says, "But I'm involved because I think it's a great atmosphere, a healthy non-threatening environment. Nobody's drunk and obnoxious."

Because the dances are purely non-profit and generated by the volunteers, once a month seems adequate. Many of the dancers would like to have it more often, but Williams observes that by the second Saturday of each month "everybody's ripe for dance." It might be less spiritual otherwise.

*Marguerite Daniels is a senior SMAD major double minor in French and English. After graduation, she will write for the Ptarmigan Primes, the Denali State Park employee paper in Alaska.*
Thinking Outside the Box

Odyssey of the Mind stretches the boundaries of learning

Story By JENNIFER BAKER

A new elective class has been added to the list of options available to Wilbur Pence Middle School students in Dayton. But unlike band, this recent addition teaches students to march to a beat of a different drummer. And unlike gym class, the new course actually exercises students’ brains by teaching them creative problem solving and brainstorming techniques.

The Odyssey of the Mind (OM) class, started two years ago by gifted education teacher Lynn Stover, is modeled directly after the national OM program. OM is a creative problem solving competition that is giving children in the Shenandoah Valley and around the world the opportunity to expand their minds, win awards and develop valuable skills for their futures.

From dance concerts to little league sports, children are often commended for athletic abilities, but OM competitions give students a chance to publicly showcase and be recognized for academic skills. In OM not only are students rewarded for solving challenging and complex problems, but they are actually judged by their ability to think creatively, not just recite facts or spell words correctly.

Originally named Olympics of the Mind, OM is modeled after interscholastic sports but created to reward creative thinkers and help children develop creative, intellectual, social, artistic and psychological ability through problem solving, according to the OM web site available at www.odyssey.org.

Over a period of months, teams of five to seven students from kindergarten to high school work to solve “long-term problems,” such as building mechanical devices like spring-driven vehicles and electrical arms or giving their own interpretation of literary classics. Teams present their solutions at regional, state and world competitions as well as participating in on the spot “spontaneous” problems — quick brainstorming sessions. The long-term and spontaneous portions are both judged on point systems, with high rewards for creativity.

Virginia Association Director Susan Nunemaker says, “OM’s the best program to teach creative thinking skills – thinking on your feet and long-term problem solving.” She says OM makes children feel good about themselves by recognizing thinking skills. “Many kids never get kudos for using their brain. Brawn yes – not brain.”

OM, officially started in 1982, is becoming more popular each year with students, educators and parents. According to Nunemaker, 14 years ago Virginia had 140 school...
systems involved. Today that number has jumped to more than 700. Included in that growth is a rapid expansion of the 5-year-old Rockingham County program. This year almost 200 students from Keezletown Elementary, South River Elementary, Montevideo Middle School, Wilbur Pence Middle School, Turner Ashby High School and Spotswood High School competed on 26 teams. Seven of those advanced to the Virginia State Competition held May 1 at Virginia Commonwealth University.

Stover says she developed her OM elective to draw student interest to OM competitions and to bring OM skills, such as brainstorming, teamwork and divergent thinking, into a classroom setting.

Stover says educators sometimes don't address the importance of creativity enough in the public school system. "Students are encouraged to be creative in OM," Stover says. "It teaches children to think outside the normal box - they're encouraged to be different. There are no right or wrong solutions - the more creative the better."

**LONG-TERM (200 POINTS)**

Each year OM Association, Inc., the non-profit organization that runs the Odyssey of the Mind program, creates five different long-term problems for students and one primary problem designed for children from kindergarten through second grade. There are always a variety of problems ranging from highly technical to highly dramatic. Each year there is a vehicle problem, a weight-holding structure problem, a technical problem, a classical problem and a theatrical problem.

All problem descriptions contain a detailed list of what teams need to include in their solutions and a listing of what points will be awarded for each aspect of the project. Problems are challenging, including multiple parts. Teams spend on average five months preparing their solutions.

Weekly after-school meetings in the fall soon became more frequent, spreading to weekend "building sessions" as the March 13 regional competition approached. Teams learned how to better work together, realizing decisions had to be made in order to complete their problem. Props, backdrops and "devices" began filling coaches living rooms and school classrooms as students learned that duct tape and glue guns could solve almost any building setback.

Besides creativity, one of the founding principles of OM is all solutions, from ideas to costumes, must be entirely team-generated with no "outside assistance" from their adult coaches. For coaches, most often parents or teachers, this is extremely difficult, especially when working with young children.

According to Lori Oliver and Elizabeth Fierro, coaches of a Montevideo Middle School team, not helping too much is the hardest part of coaching especially when technical aspects are involved.

"The more mechanical it is, the harder it is to keep your mouth shut," Oliver says. "With a mechanical element it either works or it doesn't. You can stand there and see what's going to happen. If you see something that's not going to work you can only ask them, 'Is that the best way? Do you feel this is going to work? Is there a different way?' It's really hard to bite your lip and not say anything."

Oliver says OM helps children develop time management skills by teaching them it is their responsibility to get the finished project done. Her team started meeting from 3 to 5 p.m. once a week in the fall, but it was up to the team to create timetables and set goals to be reached by certain dates. In January the team started meeting twice a week with longer work sessions on weekends. "There's so much detail..."
in what needs to be done to finish the problem," Oliver says.

OM believes in challenging students. Solutions to long-term problems are never easy. For example in this year's vehicle problem, "Over the Mountain," teams design and build a vehicle that must travel between four areas marked on the floor, representing different countries. The vehicle must change its method of propulsion each time it crosses into a new area, initiate one "cultural event" and collect "souvenirs" to bring home. To enter one of the areas the vehicle must actually traverse a team-created mountain!

"O'My Faire Shakespeare," the classical problem, involves choosing one of seven Shakespearean plays and incorporating it into a team-chosen historic event. The eight-minute performance has to include a 10 consecutive Shakespeare lines, a humorous character, a team-created song with music, a "technical element," a poster advertising the play, as well as "style" elements such as backdrops and costumes.

Denise Laycock, a Shakespeare coach for all third-graders from Keetletown Elementary, says her team learned much by completing the problem, including how to overcome hurdles. "They have to do art, music and perform in front of a crowd -- and they're only 8!" Laycock says. For older students, understanding Shakespeare can be difficult, but Laycock says for third-graders the first step was figuring out "Who's Shakespeare?"

With help from a book of Shakespeare in standard English, her team chose to incorporate Two Gentlemen of Verona with the invention of the car. For their song the team was fortunate to have an "accomplished violist."

Laycock says her team learned group dynamics, but it was sometimes difficult for the children to deal with rejection if the team didn't like their idea. "Everything is done as a team. You have to pass it by the team to be part of the project," she says. The children learned how to sell their ideas by persuading other teammates by saying, "This is my idea and this is why it's best."

Several teams from area middle schools and high schools also developed solutions to the Shakespeare problem. Although solving the same problem, each team developed truly unique solutions.

Oliver's team developed a solution that included incorporating "Macbeth" into the historic event of building the pyramids. A special creative touch was that the characters were all Egyptian cats.

Elizabeth Bowman, an eighth-grader and four-year veteran of OM, says the program is "addicting." She says she has learned a lot, especially about people and how to work together as a team. According to Bowman, it's fun developing the solution with friends and practicing and getting things builds adrenaline.

Bowman's teammate, seventh-grader Jenny Fierro says researching different plays and historic events was the most difficult part of the solution. Agreeing with teammates was also difficult at times.

For Jill Martorana's Shakespeare team, also from Montevideo, deciding on a play and a historic event was one of the most difficult aspects. The team says they debated ideas from the potato famine to the Boston Tea Party but finally agreed on incorporating Two Gentlemen of Verona with the building of the transcontinental railroad. Their performance involved a love story told in flashbacks during different periods of times.

Eighth-grader Nicole Martorana says she loved solving the problem because it involved "artwork, Shakespeare and romance," and enjoys OM because you get to be creative and have fun with your friends.

Students on Team A of Wilbur Pence Middle School's Shakespeare team developed a solution incorporating Macbeth into the Salem witch trials. The solution also involved a time machine which brought into the performance people on trial from different time periods, including Bill Clinton.

**STYLE (50 POINTS)**

"Style," a separate portion of the long-term solution scoring, rewards the artistic elaboration of a team's presentation. Often included in the style section are such items as costumes, original songs and backdrops. Ten out of 50 points awarded for style are for the "overall effect" of the teams' presentations.

Allocating points specifically for style helps teach children the importance of "marketing" their solutions, according to the OM website. For example, every year there is weight holding structure problem. The majority of points are given for structures that pile on weights before crushing, but teams must still create style aspects such as cos-
tumes. This reinforces the idea that even the best technical ideas don’t sell themselves.

**Spontaneous (100 Points)**

Spontaneous, the third aspect of OM competition, judges students’ ability to think quickly. In a “verbal spontaneous” teams are asked a question, given a minute to think and two minutes to generate as many creative responses as possible. During a “non-verbal” spontaneous a team is given materials and a technical problem that must be completed in a short period of time.

Laycock, a coach for five years, says being involved in OM and practicing spontaneous problems helps children think quickly on their feet, a skill that often proves invaluable. “Basically most answers in life you get one minute to think and a couple of minutes to respond. That’s real life,” Laycock says.

Martorana’s team enjoyed practicing spontaneous problems during meetings. Martorana says one problem her team especially liked was a non-verbal problem involving giving the team a light bulb and some basic materials like an envelope, string and paperclips. Together the team needed to design a way to protect the light bulb from breaking when dropped, with extra points awarded if the light bulb would still light.

All teams who solve their long-term problem compete at regional competitions. Virginia has 14 regional competitions including more than a thousand teams. Teams compete in three divisions with division I being elementary schools, division II middle schools and division III high schools. At regionals teams compete on average against 10 to 15 teams. First, or first and second, placing teams (teams with the highest combined long-term, style and spontaneous) from each problem and each division move to state competition. First place state winners advance to the world competition which has become a major news event.

Although places are given, the emphasis of competition day is not winning or losing, but in each team in showing off their creativity, having fun and enjoying watching solutions hundreds of other teams present.

Elizabeth Buckner, a seventh-grader from Wilbur Pence Middle School, says, “The competition is really fun . . . it’s not about winning, but giving it your all.”

Oliver says the competition is exciting and fun, but does place a lot of stress on children. “I’m not going to say winning’s not important . . . but we always stress they are going against tough competition. I think that’s one reason kids even want to do this,” Oliver says.

Many of the members on her team didn’t place last year but returned because they enjoyed the program. “One of the evaluations of this program is that people who have never placed want to come back and do it all over again – try again or just because of everything they got out of the program.”

Bowman, who has experienced both going on to state competition and not placing, says during the competitions she has “mixed emotions flying everywhere.” The competition day includes a lot of nervousness, excitement and cheering, she says.

Her favorite memory is when she went to the state competition and had to perform a rap song in a silly costume. “I was really excited,” Bowman remembers. “I went out there and did my thing and I looked at the audience and everyone was chuckling and had big grins on their faces and that made me feel really good knowing I could do something that could make someone smile.”

Jennifer R. Baker is a senior Media Arts and Design major from New Hampshire. She was formerly Photography Editor and Focus Editor of The Breeze. After graduation she plans to work in public relations.
From dusk to dawn, the staff of Rockingham Memorial Hospital’s Emergency Department is on call. Whether it’s battling traumas or tears, there’s no time for slowing down.

By Libby Temple

Dr. Eric Kramer is one hour into his shift. With a medical chart tucked under his arm, he makes his way quickly down the sterile hospital hallway towards the crowded nurses’ station. He takes a phone call, switches charts and is briefed by a nurse about his next patient in a matter of minutes. With 15 patients and two doctors on duty, it’s a slow afternoon in the Emergency Department at Rockingham Memorial Hospital. Even so, Kramer isn’t wasting any time.

“Right now, I’ve got three in the cooker,” he says over his shoulder. He is walking briskly down the fluorescent-lit hallway. He’s on his way to see his third patient, a 2-year-old girl who fell and suffered a minor head injury after accidentally ingesting some of her mother’s sedatives. He has already seen a 33-year-old woman with a possible case of gonorrhea and a 400-pound 68-year-old diabetic woman complaining of abdominal pain from possible appendicitis.

From earaches and sore throats to cardiac arrests and suicide attempts, the doctors and nurses at the Emergency Department of RMH are ready for anything. “You could ask about a ‘typical day’ in the ED, but there’s never a typical day,” says Dr. Dean Rose, the other doctor on duty.

Rose is coming up on the end of his shift just as Kramer is beginning his. The ED overlaps its physicians shift so that as one is wearing down, a new doctor comes in fresh. In all, there are 10 emergency physicians at RMH who work exclusively for the ED. The department operates as a separate company, with a contract from the hospital.

Serving approximately 4,000 patients a month, RMH’s ED is the busiest emergency department from Winchester to Roanoke, rivaling the
University of Virginia's Tertiary Care Unit. As a secondary-care unit, the ED doctors and nurses work to stabilize and diagnose patients who come in with emergency medical situations. Patients with minor conditions are treated and discharged, while the more serious cases require more specialized medical attention.

After stabilizing serious cases, the next step is to refer these patients to appropriate doctors for comprehensive treatment. Oftentimes this entails calling in specialists in the middle of the night. Sometimes this means flying them to UVa.'s tertiary care unit on Pegasus, the Shenandoah Valley's medivac helicopter.

Here, patients are seen by teams of specialized trauma physicians who have access to the most innovative and high-powered equipment and resources.

Emergency physicians get to practice a great variety of medicine, which keeps them on their toes.

"I love it," Kramer says. "You walk in one room and you get to be a cardiologist, then you walk into another room and you are a pediatrician."

At the moment, "pediatrician" Kramer returns from an exam room adjusting his glasses thoughtfully. He seems distracted and concerned. The 2-year-old has yet to recover her normal motor skills after she was treated for ingesting the sedatives the night before. He doesn't know if this is the result of the large bruises on the child's head or if the medicine is still in her system. He orders a CAT scan to be taken of the child's brain to make sure there is no internal injury from her drowsy fall. Then he swings around the corner behind the nurse's station to the local poison control center.

Kramer uses a computer with a CD-ROM to reference the medication the child took. "I'm looking for the half-life of this specific medication," he says. "This way I will know if there could be any left in her system." He scrolls through several menus, until he finds the medication he is looking for.

A few minutes later Kramer is called back to the X-ray suite. The little girl won't lie down for the CAT scan. As he opens the door, sobs escape from the agitated child as she squirms in a nurse's lap. Her eyes are red and puffy and one side of her forehead is swollen and raw. Kramer orders another medication be given to the girl to soothe her long enough for a CAT scan.

Outside, the girl's father is edgy when Kramer updates him. The man rubs his temples and gets red in the face. He is concerned this new drug will interact with the sedatives. Kramer assures the girl's father repeatedly that he has already checked to make sure there won't be a harmful interaction.

Calming people down is a large part of the responsibility of anyone who works in emergency medicine.

"No one wants to have to go to the emergency room," Kramer says. ED nurses and physicians often have to bring patients back from the "depths of their dissatisfaction with the situation to a point where they are treatable."

One of the nurses agrees. Jeana Hinegardner, a nurse for 14 years, doesn't take it personally when patients get upset or even angry at times. "If they come off on you, you just have to stand firm and say, 'I understand that you are in pain but you yelling at me is not going to make you feel better,'" she says.

Kramer has to wait at least an hour before the girl's CAT scan can be taken, so he returns to the nurse's station and picks up the results of lab tests that have come in on another patient. Scrutinizing them, he flips back and forth from the results to the patient's medical records.

"Diagnosis is 90 percent history and circumstantial evidence, 10 percent lab work," he says over his shoulder as he
The doctors of the Rockingham ED, clockwise from top left: Kent Folsom, Dean Rose, Nazir Adam, Eric Kramer, Harold Jenkins, David Shank, Frank Steller, Tomer Feldman, Jonathan Moss.
returns to the exam room where his patient waits to hear she has Pelvic Inflammatory Disease.

Concluding his brief exam-room visit, Kramer returns to his office where he writes the woman a prescription and documents her symptoms for her medical records. Pulling out a small tape recorder from his pocket, Kramer then dictates this same information in a nearly inaudible rush of medical jargon. "This tape will be filed along with her medical records," he says.

Dictations provide a record for future treatment, a resource for insurance billing, and can provide protection for a physician if they are subpoenaed in a malpractice suit.

"You have to be able to deal with a lot to work in the ED...Bad smells, no windows, screaming and sometimes even getting swung at."

— Eric Kramer, M.D.
Emergency Department Doctor

Rose says working in the ED, "messes up your circadian rhythm," the natural 24-hour cycle that one's body gets accustomed to. ED workers have to work long, sometimes overnight shifts. The schedule is done so that the 24-hour shifts rotate, making it impossible to retain a normal sleeping pattern.

However, "just because you work in the ED doesn't mean you are a coffee drinker," Kramer says, who insists no one has to rely on caffeine to get through a long night. He averages two or three cups on a given shift.

"How about you, Wanda?" he asks a seasoned nurse who likes to joke that she came with the hospital. "Do you drink coffee?"

"No. Tea, Honey," she replies.

The rapport in the ED mirrors the working environment. Everyone is relatively quick and has a slight edge. The humor is no different.

According to many ED workers, Saturday and Sundays are usually the busiest days of the week. Especially during the winter season, RMH ED workers get a steady amount of orthopedic injuries from area ski resorts.

The weekend mornings also bring in a lot of what the doctors call, "night before injuries" from area college students who awaken from wild nights with various damages such as sprained ankles and cuts that need stitches.

Kramer says Sundays are usually the worst because all other doctor's offices are closed. Also, a lot of people come in looking for doctor's notes for work the next day. He jokes, "I've written a few notes saying, 'So-and-so doesn't think they can work tomorrow.'"

In all, most ED workers seem to agree that their job could never bore them. Having to rise to every challenge and switch gears in a matter of seconds has a way of keeping things interesting.

For instance, last year there was a code-red incident (50 or more traumas caused in one emergency situation) when a local factory experienced a leak of chemical fumes. Many ED doctors had to be called in to help deal with the crisis.

Kramer describes many ED physicians as "adrenaline junkies" because of their attraction to crisis-based medicine. It is no coincidence that ED physicians tend to be younger, usually between the ages of 29 to 52. It is also not surprising that the average burnout rate of emergency physicians is about seven years.

"You have to be able to deal with a lot to work in the ED," Kramer says. "Bad smells, no windows, screaming and sometimes even getting swung at."

Hinegardner admits that sometimes the responsibility of handling emergency situations can seem overwhelming.

"Sometimes you wonder if you can handle it," she says. "But when it happens, something just takes over inside your head and you just do it."

Two nurses chatting by the nurse's station agree that the most rewarding part is making people feel better.

Hinegardner says, "Every time you send someone away better than they came in, it's the biggest kick your ego can get."

LIBBY TEMPLE is a senior SMAD major from Columbia, Md. This summer she plans to work for Monster Book.com in San Francisco, Ca.
On Tuesday, April 6, sixteen camera crews set out to document a typical day at JMU. The result was a 25-minute video revealing a day in the lives of one president, one campus, and 14,000 students. The film's premiere packed the Grafton-Stovall Theatre, but now this piece of history can be viewed in your own home.

The video will cost $15, or have it shipped for only $3 more. All proceeds will go to the One Day, One University SMAD Scholarship Fund.

available at the
JMU Bookstore

for shipping, call 1-800-280-7543