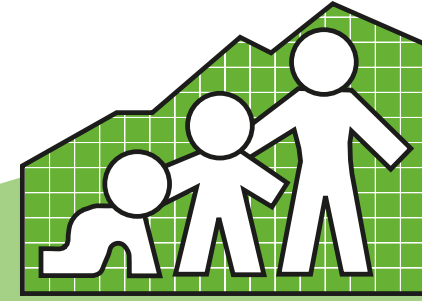


**HENDERSONVILLE
PEDIATRICS, P.A.**

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Hendersonville, NC 28792

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**HENDERSONVILLE
PEDIATRICS, P.A.**

**NEWS
FOR YOU** SPRING
2010

great new things are happening at hendersonville pediatrics!

You may have noticed there is a new look when you enter the Hendersonville Pediatrics Hendersonville office waiting room. We are in the process of making some great new changes including new "smack down" paint, new flooring in the clinical area, and soon to come, new flooring in the waiting rooms and billing and insurance areas.

We have also added new providers to both the Hendersonville and Brevard offices to better serve you. New staff members have been and will be added in both offices to support these new providers.

We are excited about the changes going on at Hendersonville Pediatrics, and we are dedicated to doing everything we can to make this the best environment for you and your children.



Our Brevard Office Staff

L-R Back Row

Katie Curtis, Administrator,
Nicole Bell, Dr. Lauretta
Stombaugh, Amanda Conner,
Dr. Ann Farash, Chaka
Roberts, Becky Franks

L-R Second Row

Dr. Veresa Myers, Sandy
Gustafson, Kim Morris,
Amanda Robinson

L-R Front Row

Dr. Ora Wells, Terri Worley

Please contact us at our Website: www.hendersonvillepediatrics.com
to e-mail your child's pediatrician if you have any
medical questions or concerns!

Healthcare from diapers to college...

Ora J. Wells, M.D.
Linda S. Goodwin, M.D.
Derek W. Moss, M.D.
Veresa T. Myers, M.D.
Anne B. Smith, M.D.
Ann E. Farash, M.D.
James V. Volk, M.D.
Lauretta G. Stombaugh, M.D.
Hayden T. Brickie, M.D.
Gina M. Lohamer, M.D.
Ron Buell, PA-C

**2 OFFICES
TO SERVE
YOU BETTER:**
600 Beverly-Hanks Centre
Hendersonville, NC 28792
(828) 693-3296
Fax: (828) 696-3530
157 Medical Park Drive
Brevard, NC 28712
(828) 884-3440
Fax: (828) 884-5643
AFTER HOURS: (828)693-3296



spotlight on pediatricians:

Hendersonville Pediatrics, PA is pleased to announce the affiliation of Laretta G. Stombaugh, D.O., Hayden T. Brickle, PA-C and Gina Lothamer, FNP with their group.



MEET DR. LAURETTA G. STOMBAUGH

Dr. Laretta G. Stombaugh joined the Brevard, NC office January 12, 2010 and will be practicing general pediatric medicine. She received her D.O. from Lake Erie College of Osteopathic Medicine, Erie, Pennsylvania in 2005. She performed her internship and residency at the Children's Hospital of N.J. in Newark, NJ where she also served as Chief Resident. Dr. Stombaugh is married to Dr. Jason Stombaugh, an Emergency Room Physician with Park Ridge Hospital in Fletcher. They have one baby daughter and reside in Mills River, NC. Dr. Stombaugh enjoys painting and charcoal sketching in her spare time.

Dr. Stombaugh is available on Tuesday and Friday from 8-5 PM in the Brevard office. She is currently accepting new patients. Appointments can be made by calling 884-3440.

MEET HAYDEN T. BRICKLE, PA-C



Hayden T. Brickle, PA-C joined the Hendersonville Pediatrics Hendersonville office on January 12, 2010. Hayden received her Master of Science and graduated from the Physician Assistant Program at the University of New England School of Medicine, Westbrook, ME in May 2007. She enjoys outdoor sports, reading, collecting and land conservation. She currently resides in Hendersonville, NC

Hayden is available to see patients Monday, Tuesday, Thursday and Friday from 8-5 p.m. She is currently accepting new patients. Appointments may be made to see Hayden by calling 693-3296.



MEET GINA M. LOTHAMER, FNP

Gina M. Lothamer, FNP became associated with Hendersonville Pediatrics Brevard office in January 2010. She received her Master of Science in Nursing from the University of Tennessee, Knoxville, TN in 2005 and her FNP in October 2009. Gina resides in Fletcher, NC with her husband Chad and her baby son, Charles.

Gina is currently available to see patients in the Hendersonville Pediatrics Brevard office from 8-5p.m. on Monday. Appointments may be scheduled with Gina by calling 884-3440.

time for a snack?

DEVEILED EGG SAILBOATS



Ingredients:

12 hard-boiled eggs
2 teaspoons Dijon mustard
2 teaspoons vinegar (white or cider)
1/4 to 1/2 cup mayonnaise
2 red, orange, yellow, or green bell peppers
Paprika

Preparation:

Peel the eggs, then slice each one in half to make boats. Place the yolks in a medium-sized bowl and mash them with a fork. Add the mustard and the vinegar, then add the mayonnaise, stirring until the consistency is smooth but not soupy. Next, make the sails by cutting each pepper into 1-inch-wide strips, then cut the strips into 1-inch squares and slice each square in half diagonally. Fill the egg white halves with the yolk mixture. Stick the sail upright into the filling and sprinkle with paprika. Makes two dozen.

SPRING ACTIVITY! nature hunt

Supplies:

- One paper bag per player
- One list of natural objects to collect per player

How to Play:

1. Give each player a paper bag and a list of natural objects (a bird feather, a leaf, an interesting rock, a pine cone, a wildflower, and so on) to collect.
2. You can give the same list to all the players or have each player look for a different group of objects.
3. Challenge the players to find all the objects on their lists. Set a time limit: perhaps twenty minutes to find ten objects.
4. The first player to find all the items on his list is the winner.
5. A child may play this game alone or with others. For a group of children, pair up nonreaders with readers.

SPRING SAFETY GUIDE

Warmer weather and longer hours of daylight are here, giving the kids more comfort to be outside. You can help keep them stay safe by reviewing some of the simple rules below.

Wooded Areas

1. Brief your children on what to do if they get lost in the woods after dark. Let them know that their best bet, if they are lost, is to stay in one place and wait to be found.
2. Give your children a small flashlight attached to a key chain or clipped to the inside of a jacket or coat.
3. Attach a small whistle to the zipper of a coat. A whistle is an ideal signaling device, if a child is lost or hurt. Tell them it's not a toy and should only be used for emergencies.

Dark

Rising temperatures and increasing hours of daylight bring with them an increase in traffic accidents involving kids and cars. The most dangerous times are just before and after sunset, due to low visibility.

1. All clothes worn at night, bikes, backpacks and helmets should have reflective strips.
2. Evening walks should include a flashlight.
3. Don't allow bike riding at night, unless the bike has been equipped with reflectors, headlights, and other night-riding safety features.

The Street

If you allow your kids to play in the street or on lightly traveled roads, please follow a few common sense safety tips:

1. Stop all play when a vehicle is spotted and move to the side of the road. Continue playing only after the vehicle has passed.
2. Use inexpensive traffic cones marked "Play Area Ahead" to advise drivers that kids may be in the road ahead. Cones should be placed on the center line, so as not to block traffic a few hundred feet away from the play area. Remove cones when kids are finished playing or bike riding.

Water

Flooding is common in the spring from melting snow and icy water poses a significant threat to the health and safety of kids. The risk of drowning or hypothermia can be greatly reduced by following these water safety rules:

1. Stay away from rivers and streams during spring floods. Swiftly moving water, even a few inches deep, can easily knock children off their feet and quickly carry them away.
2. Banks of rivers and streams are very unstable and prone to collapse during periods of high water.
3. Do not trust ice on ponds and lakes in the spring. Warm days and cold nights result in weak ice. Stay off!

Let your kids know that safety rules aren't intended to ruin anyone's fun. Tell them to play smart. Enjoy!