

**Minutes of the 1,451st meeting of the SPHEX Club  
September 10, 2020**

President Jim Wright called the 1,451st meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, September 10. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Cyphert, Dawson, Delaney, Doyle, Edwards, Foster, Frantz, Gillette, Hendricks, Langhorne, Light, Lucas, Manian, Marion, McDonald, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson, Wright, and Emeritus Member, Dr. Ken Garren.

**Unable to Attend Were:** Delzingaro, Spencer-Hester, Wodicka

**Sphex's special guest for the evening:** Bonnie Svrcek

**2020-2021 Election of Officers**

Dr. Jeff Wilson reported on the election of officers for the 2020-2021 Sphex year.

President – Cham Light

Vice President – Arelia Langhorne

Treasurer – Marc Schewel

Secretary – Dr. Ken West

Assistant Secretary -- Joe Stinnett

**President Cham Light presided over the meeting following the election report.**

**Committee Chairs for 2020-2021**

President Light asked all chairs of committees to remain as chairs until we can resume live meetings.

**Two Members were awarded Emeritus Membership**

President Light read the requirements for eligibility for Emeritus Membership from the Sphex Constitution and Bylaws. Dr. Ken Garren and Theodore J. Craddock, Esq. were elected unanimously by the Sphex membership.

**Continuation of Virtual Meetings**

President Light reminded members that there will be a vote after the second presentation to see if the membership would prefer to continue with virtual meetings or suspend them until January or until we can meet together safely.

**Special Report: Dr. James Wright, Ad Hoc History Committee**

The Sphex Ad Hoc History Committee was appointed by Dr. James Wright at the beginning of his term as president. The committee was given several charges: to digitize the records of the Sphex Club, which now reside at the Jones Memorial Library, and to find the best way to make those records available to the membership and/or the public. The committee met at the library on

February 22 to review the records and their organization. Wright offered to begin scanning the minutes and to date has scanned those from 1910 to 1960. Nancy Marion agreed to begin scanning the talks. She has scanned some without much difficulty and plans to scan them all. Wright may help after the minutes are completed. Dr. Ken West and others volunteered to review the talks as they are scanned and prepare a précis of each, identifying key words so that talks might be located using standard computerized search techniques. The committee has not yet addressed the best way to make the records, once scanned, readily available.

**Members -- Ad Hoc History Committee**

Ted Delaney, Chair

Jim Wright

Ken West

Tom Tiller

Nancy Marion

**President Light introduced Mr. L. Kimball Payne, III, our speaker for the evening:**

Kim Payne has been married to his wife Leslie for 45 years. They have five children and nine grandchildren. The tenth is expected in February 2021. Kim spent his early years in Lynchburg, grew up in Lexington, attended Duke University and then the University of Virginia. He served in the U.S. Navy, both on active duty and in the reserves, retiring as a Commander. His local government service started in Spotsylvania County, Virginia, where he spent seventeen years as Assistant County Administrator and then County Administrator. Kim returned to Lynchburg in 2001 and served as its City Manager until his retirement in 2016. He now spends his time serving on several non-profit boards, teaching, coaching, consulting, gardening, practicing yoga, playing softball in season, and learning to fly-fish; all of which can be interrupted to spend time with his grandchildren. As if that isn't enough, Kim has agreed to serve as Interim Town Manager for the Town of Amherst, while current Town Manager Sara Carter recovers from a serious accident. This is Kim's seventh SPHEX presentation. Its title is, "A Notable Centennial."

**Our presenter provided this abstract of his presentation entitled "*A Notable Centennial*"**

For nearly a hundred years from its incorporation in 1805 the City of Lynchburg was governed by a unicameral council. That changed with the adoption of a new State constitution in 1902 that, among other things, required cities of over 10,000 population to be governed by a bicameral council and a mayor with veto power. Lynchburg's bicameral council, formed in 1904, consisted of a nine-member Board of Alderman and a fifteen-member Common Council. Each branch had nine standing committees that oversaw the operations of the City. In addition, there were six administrative boards with citizen appointees.

By 1919 frustration with an unwieldy, cumbersome and hopelessly intricate system of government reached a tipping point and business leaders in the City formed a campaign club to

promote an election to change the form of government to one that, since its origination in 1908 in Staunton, had been adopted in many Virginia cities and in over 400 municipalities across the nation. That was the city manager form of government; with a unicameral council of five, a mayor with mostly ceremonial powers, and no veto, and the hiring of a professional manager to oversee the administrative affairs of the government.

This presentation provides background on the bicameral council in Lynchburg and then focuses on the campaign for the city manager form that took place starting in July 1919 until the successful election on November 4, 1919. Utilizing excerpts from Lynchburg's daily newspaper, *The News*, the presentation outlines the arguments, sometimes heated, of community members and the newspaper for and against the proposed new plan. After withstanding a challenge to the majority vote for the plan, a new City Council was elected, took office on September 1, 1920, and hired Lynchburg's first City Manager, Edward A. Beck. September 2020 is the centennial of that notable event.

**After a question and answer period, the meeting was adjourned by President Light at 8:44 p.m.**

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

(Because of the COVID-19 Pandemic, Spdex Presentations in the fall of 2020 were presented virtually to protect members and their guests from the virus.)

## **Minutes of the 1,452nd meeting of the SPHEX Club**

September 24, 2020

President Cham Light called the 1,452nd meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, September 24. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Cyphert, Delaney, Doyle, Edwards, Foster, Gillette, Hendricks, Langhorne, Light, Lucas, Manian, Marion, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson, Wodicka, Wright.

**Emeritus Spdex Member:** Dr. Ken Garren

**Unable to Attend Were:** Dawson, Delzingaro, Frantz, McDonald, Spencer- Hester

President Light and members congratulated Dr. Reid Wodicka for his appointment as Interim City Manager.

**Minutes** for September 10, 2020 were approved unanimously.

### **Treasurer's Report** by Marc Schewel

As you might expect, the past six months have been a busy time for the Spdex Club Treasurer. I'm pleased to report that the current balance in the Treasury is \$31,293.66. Now obviously all this money didn't accumulate from the collection of dues, since we had only twenty-six members paying their \$30 dues, which amounts to \$780. I'm sure you are wondering just where did this money come from.

Well, when the pandemic struck around the end of March and Congress in its ultimate wisdom passed the Cares Act, it created the Payroll Protection Program, which made forgivable loans available to any business or non-profit with fewer than five hundred employees. So, when I looked around and saw law firms, investment advisors, insurance companies, accountants, colleges, and every non-profit organization from here to Honolulu feeding at the government trough, I figured what the heck. I wandered down Main Street to the Bank of the James, filled out a few forms, and lo and behold, qualified the Spdex Club for a \$30,000 loan.

After all, if one man can set up five new companies in two weeks and get \$3.65 million, why shouldn't Spdex be entitled to a measly \$30,000?

Realizing that some of our members might feel uncomfortable about such a brash move and question its ethics, I decided to take a poll. I didn't want to embarrass anyone who might actually endorse the loan, including myself, so I conducted it by secret ballot. But since in-person voting was not possible, I had to resort to mail-in voting. This actually enabled me to reach a larger constituency. Obtaining a list from our Club Historian, James Elson, I sent ballots to all past SpheX Club members, both living and deceased.

The Postal Service was slow, but efficient. I got an amazing response. Three hundred twenty-six members, mostly the dead ones, voted in favor of keeping the loan; twenty-five members, all the current ones except for one stubborn outlier, voted to return it.

Well, this is a democratic organization, and the "ayes" have it. The SpheX Club now has enough money in its Treasury to cover its dues and annual meetings for the next fifteen years.

**President Light introduced Dr. Tom Tiller, our speaker for the evening:**

Tom and his wife of 63 years, Mary Frances, have two sons, Thomas and Craig, and four extraordinary grandchildren.

A long-term supporter of the Lynchburg City Schools through service for three terms on the School Board in the 1970s during the incorporation of annexed neighborhoods and implementation of a court-ordered unitary, integrated K-12 system, and after the School Board as a member of a committee of citizens to recommend a career ladder to retain and benefit broadly from excellent teachers, on an advisory committee concerning the drug-free schools program and from the 1990's until 2012 on the Board of Education Foundation.

He also served three terms on the Lynchburg Planning Commission in the 1980s and was a facilitator for a group in the 2008 Lynchburg Dialogue on Race and Racism. He served in the US Army for two years and the Virginia National Guard for an additional two.

Following a long and active career at Lynchburg College, Tom retired into an enjoyable later career as a grandpa.

Until Covid-19 struck, Tom enjoyed playing weekly (that's weekly, not weakly) in two tennis contract groups. He still enjoys frequent walks on the Blackwater Creek trails.

**Our presenter provided this abstract of his presentation entitled "Hearing Voices."**

This paper presents thoughts about the current effort to advance equality and justice in the context of race relations in our country, triggered this time by cell-phone videos of killings of unarmed and/or subdued Black individuals by officers of the law.

In an effort to gauge the importance of the current movement, the author begins by establishing the paradigm of three reconstructions of American democracy. That framework begins with the federally enforced post-Civil War-Reconstruction era, which accomplished the

end of legal slavery and established citizen and voting rights for Blacks, but which soon lost its vigor, especially after the presidential election of 1876. It left in place a legacy of racism and segregation.

Then, in this paradigm the second reconstruction came in the form of the Civil Rights Movement of the 1950's and 60's, which, after making progress in school desegregation, enforcement of voting rights, and fair housing was ground down from friction with such things as in-fact re-segregation of schools, assaults on voting rights, and backlash against affirmative action. It left behind de facto segregation in many spheres of life, and (generally less overt) racism.

And now, with this history of advances and backsliding, some claim the third reconstruction of our polity is arriving in this time, and that, "It is about the transition from a certain kind of White dominated America to a diverse America and that some will do anything to stop it."

The speaker thinks we should not be surprised by outbreaks of protests about the harm inflicted by inequalities because for many years we have been sent many messages about it. Examples of voices or messages from the past—both national and local—are cited.

Possible post-vote conflict from an election with racial overtones is briefly considered.

Members are invited to add their thoughts and questions, especially about such things as the likely achievements and emergence of the current reform movement and the possibility and desirability of reparations for past racial wrongs from the 1619 institution of slave holding in the US to now, and possibilities for policing reform.

The paper closes by quoting a protest leader's response to the question of what is the next step, "To identify actionable items and have a lasting impact."

After a question and answer period, the meeting was adjourned by President Light at 8:57 p.m.

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

**Because of the COVID-19 Pandemic, Sphex Presentations in the fall of 2020 were presented virtually to protect members and their guests from the virus.**

**Minutes of the 1,453rd meeting of the SPHEX Club  
October 8, 2020**

President Cham Light called the 1,453rd meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, October 8. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Delaney, Delzingaro, Doyle, Edwards, Frantz, Gillette, Hendricks, Langhorne, Light, Manian, Marion, McDonald, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wodicka, Wright, and Emeritus Member Dr. Ken Garren.

**Unable to Attend Were:** Cyphert, Dawson, Foster, Lucas, Payne, Wilson.

**Sphex's special guests for the evening:** Marty Wright, Beau Wright, Naomi Amos, Bob Gillette and Marsha Gillette.

**Minutes for the September 24, 2020 meeting were approved.**

**Membership Committee Report**

Judge John Cook reported that at this time Sphex has 27 members and eight slots available to fill when Sphex returns to meeting in person.

**President Light introduced our speaker for the evening, Dr. Jim Wright.**

Jim Wright is a Lynchburg native, a graduate of E.C. Glass High School and the University of Virginia. An English major, he required additional undergraduate science training, which he obtained at William & Mary before a return to UVA for medical school. He did his postgraduate medical training, including a fellowship in endocrinology and serving as chief resident in internal medicine, at the University of Texas Medical Branch in Galveston. He has practiced medicine in Austin, Texas, and Lynchburg, and left a solo practice in 1992 to join the medical department at First Colony Life. He is still employed by Genworth Financial. He is a past president of the Lynchburg Academy of Medicine and is currently the president of the board of the Free Clinic. He is very happily married to Marty, whom he found in Galveston. They have four adult children, of whom he is very proud.

**Our presenter, Dr. Jim Wright, provided this abstract of his presentation entitled: "Two Doctors and the Hospital That Wasn't."**

Dr. Wright told three loosely connected stories. The first dealt with efforts between 1935 and 1939 to build a hospital for Blacks in Lynchburg. He reviewed briefly the history of hospitals for Black patients between the end of the Civil War and 1940, from the Freedmen's Bureau hospitals established just after the war to the Negro Hospital Renaissance between 1920 and 1940. He mentioned briefly hospitals for Blacks established in Richmond in 1902 and 1932 and in Roanoke in 1915. The Lynchburg story began in 1935, when Amos Carnegie, an immigrant from Jamaica who had a degree from Lincoln University in Maryland, came to Lynchburg to propose the construction of a 50-bed hospital for Blacks. Carnegie had worked to establish Rosenwald schools for Blacks in South Carolina and Marion, Virginia. In 1935 he established the National Negro Hospital Foundation. The plan he proposed in Lynchburg was to raise \$50,000 here and another \$100,000 from donors in New England. Local money was to come from white supporters and from Blacks who would contribute the equivalent of a penny a week. Nationally, Carnegie hoped to raise a similar amount from the nation's 13 million Blacks over 20 years to build a hospital in all 90 US cities with a Black population of greater than 10,000. The fund-raising campaign began in November 1937. Carnegie appears to have spent 1936 and most of 1937 raising support in both the White and Black communities, and in seeking a charter to operate the Foundation in Massachusetts. Massachusetts denied him a charter twice on the grounds that the Foundation did not have the support of the Black population of the state. (Wright explained that Blacks were divided between those who favored separate institutions for Blacks, labeled "accommodationists" by their foes, and integrationists, who saw all-Black hospitals as Jim Crow institutions.) After the start of the Lynchburg campaign, Carnegie was largely absent for the next year. During that time, he was organizing similar campaigns in Newport News, Virginia, Wilmington, Delaware, and Pittsburgh, Pennsylvania. Fundraising efforts stagnated at either \$6000 or \$16,000 and in March 1939 it was halted and donors' money returned. Carnegie continued to pursue a similar effort in Louisville, Kentucky. By the early 1950s he had dropped "Negro" from his foundation's name and championed biracial hospitals, and was seeking funds to construct a hospital in Washington, D.C. He returned to Lynchburg to pitch the idea of a Black hospital again in 1952.

The Lynchburg hospital for Blacks was to be the Henry A. Christian Hospital. Dr. Christian, a member of the National Negro Hospital board of directors, was a native of Lynchburg who was a 1900 graduate of the Johns Hopkins Medical School, where he studied under William Osler, one of the most famous doctors in US history. Christian went on to a successful career as professor and dean of faculty at the Harvard Medical School and Physician-in-Chief of the Peter Bent Brigham Hospital. Christian hired Samuel Levine, who developed the cardiology division at the Brigham and in turn trained W. Proctor Harvey, another Lynchburg native. Together, he and Harvey published a famous book before Harvey was recruited to establish the cardiology division at Georgetown University. Harvey went on to become one of



the most famous cardiologists of the twentieth century. Like his mentors, he was dedicated to teaching and trained many of today's most prominent cardiologists.

**After a question and answer period, the meeting was adjourned by President Light at 8:38 p.m.**

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

**Because of the COVID-19 Pandemic, Sphex Presentations in the fall of 2020 were presented virtually to protect members and their guests from the virus.**

**Minutes of the 1,454th meeting of the SPHEX Club**

**October 22, 2020**

President Cham Light called the 1,454th meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, October 22nd. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Cyphert, Dawson, Delaney, Foster, Frantz, Gillette, Hendricks, Langhorne, Light, Marion, McDonald, Payne, Roberts, Schewel, Stinnett, Tiller, West, Wilder, Wilson, Wodicka, Wright and Emeritus Sphex Member, Dr. Ken Garren.

**Unable to Attend Were:** Delzingaro, Doyle, Edwards, Lucas, Manian, Sigler,

**Sphex's special guest for the evening:** Dr. Allison Morrison-Shetlar, President of the University of Lynchburg.

**Gift to Sphex Members from Emeritus Sphex Member, Dr. Jim Elson**

Dr. Jim Elson donated 24 of his books entitled "Lynchburg, Virginia: The First 200 Years" to Sphex members. These will be distributed to those who do not have a copy but wish to have one when we begin meeting together again. As a personal note from the secretary, this book is interesting and well written.

**Ted Delaney invites Sphex members to attend a small gathering at John Lynch's gravesite**

**on Saturday, October 31st.** People will gather at 12 noon at the Quaker Churchyard, right beside the old meetinghouse and the modern Quaker Memorial Presbyterian Church on Fort Avenue. It will be very informal, so no special pomp or ceremony is planned. If you feel moved, bring flowers to leave at the grave. We are asking all attendees to wear masks and maintain a respectful distance from others.

**President Light introduced Ted Delaney our speaker for the evening:**

A native of Charlottesville, Ted Delaney's family moved to Lynchburg when he was two-years-old. He graduated from the University of Virginia with a B.A. in Anthropology, and returned to Lynchburg to work at the Old City Cemetery as its first Archivist and Curator. Ted served as Executive Director of the Cemetery for four years before being named Director of the Lynchburg Museum System and Chief Public History Officer for the City of Lynchburg in 2018.

Ted is the co-author of *Free Blacks of Lynchburg, Virginia, 1805–1865*, and he currently serves on the boards of Historic Sandusky, the Dante Alighieri Society, and *Lynch's Ferry* magazine. This is Ted's third SpheX presentation.

**Our presenter, Ted Delaney, provided this abstract of his presentation entitled "WWJD?"**

The dramatic reckoning with race that our nation experienced in 2020, stemming from the death of George Floyd in late May, has meant a reevaluation of the name of the city of Lynchburg. For many, especially outsiders and younger residents, the name immediately evokes the act of lynching and the racialized brutality and trauma associated with it. For many others, it is a source of pride that honors John Lynch, Sr., the humble Quaker abolitionist and entrepreneur who established the town in 1786.

In one of several ironies in this story, John Lynch remains one of the most mysterious and invisible figures in local history. Recent research has shown him to be a savvy businessman and developer, generous civic patriarch, and devout man of faith. As a member of the "Society of Friends," Lynch manumitted all of his slaves and openly supported abolition and recolonization. He even refused to take revenge on an enslaved man in his possession who murdered his own son, Dr. John C. Lynch.

Lynchburgers have questioned—and been forced to defend—the town's name since at least the 1850's. In the 21st century's new climate of racial sensitivity and "anti-racism," will Lynchburg's name put it at an increasingly competitive disadvantage and hold it back from reaching its fullest potential? Purely from the perspective of marketing and branding, the city would benefit from renaming. This could be done first by City Council approval, and then

through an act of the General Assembly amending the City's charter. However, the financial costs associated with renaming, combined with the alienation of those who already love the city and its history, will likely keep a name change only a theoretical debate.

What would John Lynch do? The ever-humble and modest "Friend" would likely support his name being removed from the city he founded, especially if it promoted inequality or suffering in any way. On the other hand, he would also likely appreciate the many opportunities it creates to discuss his Quaker values and the life he led, to quote his epitaph, "promoting whatever advanced the general good of his community."

**After a question and answer period, the meeting was adjourned by President Light  
at 8:32 p.m.**

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

**Because of the COVID-19 Pandemic, SpheX Presentations in the fall of 2020 were presented virtually to protect members and their guests from the virus.**

## **Minutes of the 1,455th meeting of the SPHEX Club**

**November 5, 2020**

President Cham Light called the 1,455th meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, November 5th. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Delaney, Delzingaro, Doyle, Edwards, Foster, Frantz, Hendricks, Langhorne, Light, Lucas, Manian, McDonald, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wodicka, Wright and Emeritus Member, Dr. Ken Garren.

**Unable to Attend Were:** Cyphert, Dawson, Gillette, Marion, Wilson.

### **President Light introduced Joe Stinnett, our speaker for the evening:**

Joe Stinnett is a retired journalist who lives in Lynchburg with his wife, Ellen, a retired Lynchburg City School teacher. He was a reporter and editor with the Lynchburg, Roanoke, Amherst and Nelson newspapers for 40 years, after graduating from the University of Virginia with a degree in English. He and Ellen have two grown sons and three grandchildren. He is still working on his book about the hundreds of Lynchburg people colonized to Liberia in the 19th century. This will be Joe's fourth SpheX paper.

*(The following comments were added by the secretary, Dr. Ken West. These comments appeared in the News and Advance and were written by columnist Darrell Laurant. They might give an interesting picture of our valued member Joe Stinnett.)*

“Joe left his post in 2013 as managing editor of The News & Advance to become editor of The Roanoke Times. The thing is, Joe was perfect for Lynchburg. He grew up in Amherst County and graduated from the University of Virginia, which gave him some insight into two different strains of Virginians.

Moreover, to show that he was above mindless prejudice, he married a Virginia Tech graduate. What emerged from this alchemy was an editor with a certain level of UVA sophistication, coupled with a laidback Amherst County attitude.

Every summer, Joe likes to take off by himself and hike the Appalachian Trail, presumably leaving his cell phone off and his mind disconnected from occasionally angry readers and onrushing deadlines. More than anything else, though, Joe knew a good story when he saw it, and he knew what readers would consider a good story. To me, that's the core of being a good editor. Everything else is window dressing."

**Our presenter provided this abstract of his presentation entitled: *Into the Vasty Deep***

Stinnett's paper was a look at METI, which stands for Messaging Extra Terrestrial Intelligence, the effort to send messages to any alien intelligences that, or who, may inhabit some far-flung corner of deep space. This is a serious scientific effort run by reputable astronomers, professors, and thinkers—it's not the X-Files or Q-anon or UFOs. It's an offshoot of SETI, the Search for ExtraTerrestrial Intelligence, which was originally devoted to analyzing radio radiation from the far reaches of space. His title, "Into the Vasty Deep," was a quote from Shakespeare about summoning spirits from the underworld.

METI raises concerns because many astronomers, scientists, and thinkers see it as dangerous, something that could attract the attention of a malevolent intelligence out there somewhere. Most of the messages have been transmitted as bursts of radio waves, but one of the most interesting, the Golden Record, was bolted to the side of a NASA spacecraft. The most recent message was transmitted in 2017, from a radar station north of the Arctic Circle, which has a signal so powerful it's like a planetary lighthouse.

The paper focused on Carl Sagan, who died in 1996, and Frank Drake, two Cornell astronomers and scientists who were behind many of these messages. Drake, now 90, no longer believes METI is worth the time and expense it involves.

Despite frequently asserting that METI was not science fiction, Stinnett did resort to multiple analogies from sci-fi books and movies to illustrate his points.

Stinnett's paper concluded with a look at the Fermi Paradox and the Drake Equation. The paradox, first stated by Nobel Prize winner Enrico Fermi, asks why there is no evidence of alien intelligence despite the billions of stars, like grains of sand, that likely include habitable planets. Frank Drake's equation uses variables based on that paradox, starting with the number of stars suitable for the development of intelligent life, and winnowing that down through other factors including stars with planets, planets with the right conditions, and so forth. It's more of a way of thinking about the possibilities than an actual calculation because most of the variables are still unknown.

Our speaker said his own view that certainly intelligent life existed elsewhere had been tempered by his research, and now, he's not so sure.

**After a question and answer period, the meeting was adjourned by President Light at 8:38 p.m.**

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

**Because of the COVID-19 Pandemic, Sphex Presentations in the fall of 2020 were presented virtually to protect members and their guests from the virus.**

## **Minutes of the 1,456th meeting of the SPHEX Club**

**November 19, 2020**

President Cham Light called the 1,456th meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, November 19. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Delaney, Edwards, Frantz, Gillette, Hendricks, Light, Manian, Marion, McDonald, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson, Wodicka, Wright and Emeritus Sphex Member, Dr. Ken Garren.

**Unable to Attend Were:** Cyphert, Dawson, Delzingaro, Doyle, Foster, Langhorne, Lucas, Payne.

**The Minutes** of the November 5 meeting were passed unanimously.

### **Treasurer's Report by Marc Schewel:**

Well, we haven't had a treasurer's report in several weeks, so I thought I should stop by the Bank of the James, and see how we were doing. When the teller looked at the account, she found that it had been closed out and all the money withdrawn.

"There must be some mistake," I said. "Who took it out, because I know I didn't."

"We don't know either," she said. "I think you need to talk to Bob Chapman, our president." So I did.

"This has been very strange," he said. "The money in your account mysteriously disappeared exactly two weeks ago. We traced this thing all the way to the Federal Reserve in Washington, D.C. and got no answers. Finally we were referred to NASA, who then advised us to consult the folks at SETI, which I am sure you know stands for Search for Extraterrestrial Intelligence. Naturally, I was a little skeptical about that. And you're not going to believe what they told me."



“Maybe I will,” I said, “since I recently heard something about this.”

“We have concluded,” said Bob, “that your account was penetrated by radio waves emanating from an alien intelligence 25,000 light years away, and the money was stolen.”

“Joe Stinnett told me something like that could happen,” I said. “But why with all the trillions of dollars floating around in government, business, and personal accounts, would these aliens pick on the SPHEX Club?”

“Actually, there are two reasons,” he said. “If you look closely at the Arecibo Message which was transmitted toward the globular cluster Messier 13 in 1974, you will see a startling configuration resembling both the SPHEX insignia and the anagram S-P-H-E-X, which of course stands for Science, Philosophy, History, Education, and the X Factor, words that are certain to resonate with any intelligent beings. And, besides that, you had in the account exactly \$1679, which is a semi-prime number, the product of the two prime numbers, 23 and 73, and the number of horizontal and vertical pixels used to construct the Arecibo bitmap.”

“Hmmm, I see,” I said. “So, what do we do now? I assume the bank is going to reimburse us.”

“As it turns out, that won’t be necessary,” said Bob. “Apparently, these aliens are a very advanced civilization, and they are only interested in communicating with similar advanced civilizations. Having watched news feeds from Planet Earth over the last two weeks, they have concluded that our civilization is woefully primitive, and they want nothing to do with us. Consequently, they have decided to return your money, minus a small service charge.”

So, I am happy to report that as of tomorrow morning, the SPHEX Club account will stand at \$1293.56.

### **President Cham Light – Reflections and the Future**

1. President Light reflected upon the wonderful nature and character of our esteemed member Nancy Marion’s husband Dave Marion who died earlier in the week. The SpheX club sends its warmest thoughts to Nancy and her family.

2. President Light shared his thanks and appreciation for the speakers, officers, committee heads and Sphex members who have made this the best experience possible during these difficult times when virtual meetings protected the health of Sphex's members. President Light then asked for a collective round of applause.

3. What will happen in 2021? The executive committee will decide before our next meeting on January 7 whether it is safe to meet in person. The president's sense at this moment is that we will need to remain virtual, but he is hopeful that in April or May we might be able to hold an Annual Meeting outdoors. However, President Light noted that these decisions will be made at a later time.

**President Light introduced Dr. Julius A Sigler, our speaker for the evening:**

Dr. Julius Sigler, a Florida native, earned his BS in Physics from Lynchburg College in 1962. He earned both his M.S. and Ph.D. in Physics from The University of Virginia. He also completed additional graduate study at UNC-CH and did research at Duke University. Dr. Sigler returned to his alma mater, Lynchburg College, to teach physics in 1967. He has also served the College as the Dean of the School of Sciences, Associate Dean of the College, and Vice President and Dean for Academic Affairs.

Dr. Sigler continues to teach part-time at the University of Lynchburg. He has been married to his college sweetheart and suitemate, Jan, for 55 years. They have three sons. Jon is a computer security engineer who lives in Colorado, James is an Environmental Engineer at BWXT and Jeff is an Atmospheric Scientist who teaches in Hartford, CT.

*This additional information about Dr. Sigler has been provided by the Sphex Secretary Dr. Ken West: "In 2015 the University of Lynchburg rededicated its science building as the Thomas Gibson Hobbs and Julius A. Sigler Science Center. Dr. Ken Garren, President of the University of Lynchburg, first announced the new name at the 2015 Commencement, where the College also presented Dr. Sigler with an honorary doctorate."*

**Our presenter provided this abstract of his presentation entitled "The Invisible Man."**

This is a tale about an amateur scientist—an individual who stood in the tradition of leading-edge scientific thinkers that dates back to Aristotle, and continues through recorded history to Kepler, Galileo, Newton, Franklin, Humboldt, Mendel, and Darwin, to name a few. Alfred Lee Loomis was born into a wealthy Connecticut family in 1887. He attended Yale, where he excelled in mathematics while choosing to study the liberal arts before entering Harvard Law School. As a young lawyer, he joined a prominent Wall Street law firm and almost immediately became one of its most accomplished attorneys, specializing in complicated corporate financial transactions.

During World War 1 he joined the Army, and was assigned to the Aberdeen Proving Ground where he was in charge of development and experimentation. There he met and formed a lifelong friendship with Robert William Wood, a physicist who shared Loomis' passion for learning about the world. Loomis was also interested in the measurement of time and he invented a device called the Aberdeen Chronometer, which could measure the muzzle velocity of the largest guns, along with other instruments that would be used long after he left the Army.

After the war, they formed an investment banking partnership and led the way into the creation of holding companies that would finance much of the nation's electrification, essentially creating the modern electrical power industry. They also amassed an enormous fortune and, fearing the instability of the stock market, the partners cashed out of the stock market in 1928 and were able to profit handsomely in the months and years following the collapse.

While he was growing wealthier by the day, in the evenings Loomis was pursuing his scientific bent. During the war, his interest in science was rekindled, as was his intrinsic interest in how things work. He created a well-equipped laboratory, literally in his garage, where he and Robert Wood, along with a professional staff which he hired, could pursue various interests. Loomis funded the equipment in the lab and, what he couldn't buy, he either had made to his specifications or built himself. He was, by all accounts, a brilliant inventor. In addition to the previously mentioned Aberdeen chronometer, he invented a microscope that for the first time allowed direct observation of specimens that were being spun at high speeds in a centrifuge.

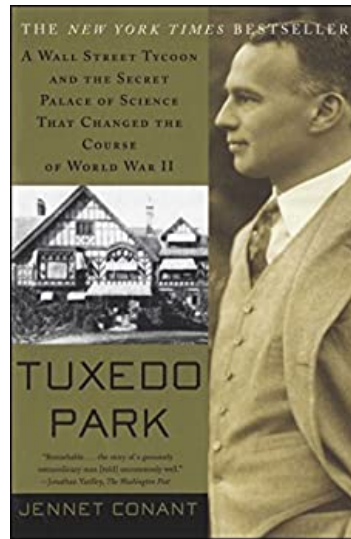
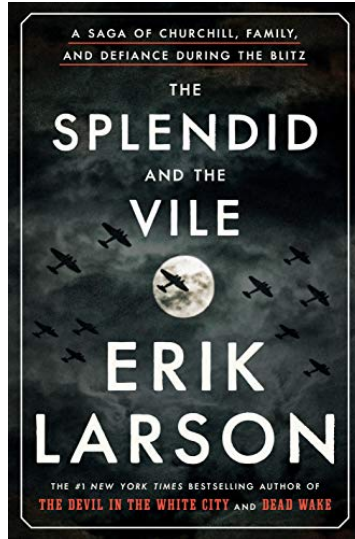
Dr. Sigler then briefly described Loomis' research on underwater sound waves, laying the groundwork for modern ultrasound technologies, along with experiments in the physical effects of radio waves, spectrometry and precise time measurements. Some of this research led to Loomis' invention of the electroencephalograph, to study brain waves. Loomis and his collaborators were also doing pioneering work on the effects of electromagnetic waves on humans.

In 1926, Loomis moved up the street into the exclusive Tuxedo Park neighborhood, where he converted the lower floor into a state-of-the-art research laboratory that not only contained well equipped laboratories, but also accommodations to host visiting scientists, of whom there were, by now, many. Loomis authored and co-authored 29 scientific papers between 1927 and 1939, all with established scientists; the papers were published in leading journals. Loomis gained the respect and admiration of the physics community and was subsequently elected to the National Academy of Sciences as a physicist. In 1930, he resigned from his business interests and turned to science full time.

As WWII approached, Loomis realized the nation was woefully behind in terms of technology, and devoted his attention to the development of a microwave radar system to detect airplanes. While working on the radar problem, Loomis conceived of and patented the LORAN (Long Range Aid to Navigation) system of navigation that coupled radio transmitters with receivers, and high precision clocks. The LORAN patent is one of six patents held by Loomis and the patent application clearly states that its use is free to the public.

The remainder of the talk described Loomis' leadership in the creation of the Radiation Laboratory, the nation's first public-private research partnership. Loomis brought together the nation's top physicists—10 future Nobel laureates in a lab that employed nearly 4,000 workers by war's end. They succeeded brilliantly, creating radars for the hunting of U-boats, navigation and bombing, fire control, search and early warning, and air-to-air fighter interception. Loomis personally championed the development of ground based radar-controlled landing systems for aircraft.

Alfred Lee Loomis was the last of the citizen scientists.



After a question and answer period, the meeting was adjourned by President Light

at 9:03.

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

**Because of the COVID-19 Pandemic, Sphex Presentations in the spring of 2021 are being presented virtually to protect members and their guests from the virus.**

**Minutes of the 1,457th meeting of the SPHEX Club**

**January 7, 2021**

President Cham Light called the 1,457th meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, January 7. This was a virtual meeting (Zoom).

President Light welcomed all of the Sphex members back. He mentioned that the officers had recommended that for the safety of our members, presenters would continue to present on Zoom. Our attendance at Zoom meetings in the fall was excellent. And, a special thanks was given to The Rev. Dennis Roberts, who makes the Zoom link available and helps to coach presenters on how to present on Zoom.

The minutes from November 19, 2020 were approved unanimously.

**Active members present were:** Cook, Cyphert, Dawson, Delaney, Delzingaro, Doyle, Edwards, Foster, Gillette, Hendricks, Langhorne, Light, Lucas, Manian, Marion, McDonald, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wodicka, Wright, and Emeritus Member, Dr. Ken Garren.

**Unable to Attend Were:** Frantz, Wilson

**Sphex's special guest for the evening:** Dr. Allison Morrison-Shetlar, President of the University of Lynchburg.

**President Light introduced Hermina Walthall Hendricks, our speaker for the evening:**

A native of Lynchburg, Virginia, Hermina earned her undergraduate degree in music education from Defiance College in Ohio, a Masters of Music Education degree from JMU, and an advanced degree in Curriculum and Instruction specializing in Music at Randolph College in

the doctorate program at Virginia Tech University. She presently is a Senior Lecturer in Music, and has been serving as the Interim Chief Diversity Officer for the past six months at the request of Brad Bateman, President of Randolph College. Hermina is also the Organist and Choral director of the Senior Choir and Artistic/Choral Director of the “Soulsters from the Hill” at Diamond Hill Baptist Church.

During the early 1990s, Governor Gerald Baliles appointed Ms. Hendricks to the Virginia Commission for the Arts and later our speaker was appointed to serve on the National Endowment for the Arts ‘Arts Education Review Board’ in Washington, D.C. Most recently, Hermina was invited to serve on the Virginia Humanities Advisory Board Committee that was created to deliberate about a special grant funding program entitled, “Virginia Women Making History: Past and Present.” This fund is in honor of Rosel Schewel’s contribution to education, arts, and social justice in the State of Virginia. This is Hermina’s sixth paper presentation.

**Our presenter provided this abstract of his presentation entitled “Katie, where does your garden grow?”**

“Katie, Where Does Your Garden Grow?” begins with a narrative about Hermina’s maternal grandmother, Katie Elizabeth Carter Logan, who was born in 1895 and raised in an area of Pittsylvania County that eventually became known as Gretna, Virginia. Katie Elizabeth’s parents were Lovell and Clementine Carter, born in 1873 and 1876, respectively. She married John B. Logan, a tobacco farmer. Hermina’s reflection on her grandmother’s life explores how she survived living in a segregated rural area of Virginia as an African American woman at the turn of the 20<sup>th</sup> century. With Jim Crow laws in effect during her lifetime, she gave birth to thirteen children, with eleven surviving, and maintained daily tasks as a mother, wife, and eventually a grandmother.

Katie Elizabeth’s life in southern Virginia was very similar to many agricultural wives living in the southern states, below Washington, D.C. from the late 19<sup>th</sup> to the mid-twentieth centuries. She maintained a calm home with the kitchen and family rooms being the center of major activity in the farmhouse. She labored over vegetable gardens, fruit trees and berry patches, while daily retrieving eggs from the chicken coops, canning all vegetables and the

seasonally yielded fruits. Katie Elizabeth cooked three meals daily – breakfast at 6:00 a.m., dinner at 1:00 p.m., and supper at 7:00 p.m. She prepared meals for my grandfather and others who worked in the tobacco fields on the 104 acres.

Hermina concluded that to date there is very limited if any research about Southern black women in the 19<sup>th</sup> century and into the mid-20<sup>th</sup> century who were farmers' wives and mothers. Hermina wondered – “Why was that?” Were black women not significant enough during that time period for writers to highlight their lives and personal stories? Were Southern black rural women invisible to American life and culture in the late 19<sup>th</sup> century? Did their lives not matter to Virginia historians in the 20<sup>th</sup> century?

In the essay, ‘Twentieth Century Rural Southern Black Women’s History,’ Professor Cherisse Jones Branch, faculty member at The University of Arkansas, focused on research about Southern rural black women. The point of her research, rewritten as a monograph, is important because: “Black women have been overlooked in much of the extant historical scholarship on rural women. When they do appear, with the exception of Fannie Lou Hamer, they have been discussed in the context of African Americans’ migration out of the South. Or, they have been portrayed as oppressed and disempowered agricultural laborers. I assert that many rural Black women chose to remain in the South, etc.”

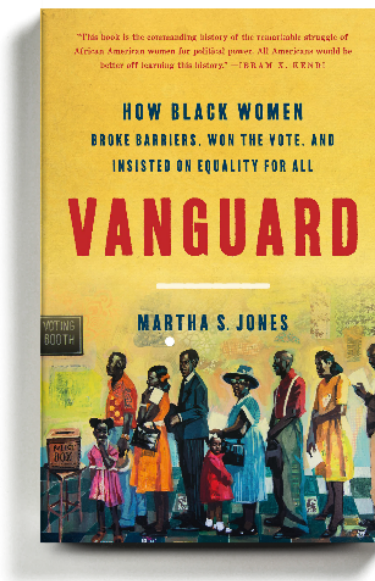
The September/October 2020 issue of Essence Magazine authored by Ashley Nkadi, states, “August 2020 marks a century since the ratification and official adoption of the Nineteenth Amendment. This landmark law proclaimed that ‘the right of citizens of the United States to vote shall not be denied or abridged by the United States or by a State on account of sex.’” Nkadi further states, “This legislation should have granted every American woman the right to vote. However, this amendment did not fully protect the voting rights of women; it primarily guaranteed the rights of White women.”

Professor Martha S. Jones, the Society of Black Alumni Presidential Professor and professor of history at Johns Hopkins University wrote in a recently published book, by Vanguard entitled “How Black Women Broke Barriers, Won the Vote, and Insisted on Equality for All.” It gives a thorough history lesson and voice to many African American women who challenged laws, rules, and codes about racism and sexism, beginning in the 18<sup>th</sup> century to the



present. Jones introduces us to many women of color who were political activists primarily in the Northern states of America, that were not celebrated and highlighted in traditional history books. These women of significance were invisible to major American historians. Names such as Jarena Lee, Susan Paul, Mary Miller Stewart, Mary Ann Shadd, Sojourner Truth, Mary Church Terrell, and many others were omitted. Jones acknowledges that most of the women of color who were active in the suffrage movement were not included in the written history of the suffragist movement that not only began in Seneca Falls, New York but also in many mid-western states across America.

Hermine's paper begins with honoring her grandmother, Katie Elizabeth Carter Logan, but discovers and highlights the existence and activism of many women during this era. Until the recent research of Professor Jones, these women's lives, like the lives of Southern farmers' wives such as Katie Elizabeth Carter Logan, were invisible to authors, historians and modern day readers.



**After a question and answer period, the meeting was adjourned by President Light at 8:47 p.m.**

Respectfully submitted,  
G. Kenneth West, Ph.D., Secretary

**Because of the COVID-19 Pandemic, Sphex Presentations in the fall and spring of 2021 were presented virtually to protect members and their guests from the virus.**

*(A recording of the presentation is available courtesy of The Rev. Dennis Roberts. Please click on the link or cut and paste it into your browser to access the presentation. The links can be found below the minutes.)*

### **Minutes of the 1,458th meeting of the SPHEX Club January 21, 2021**

President Cham Light called the 1,458th meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, January 21st. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Cyphert, Dawson, Delaney, Delzingaro, Doyle, Edwards, Foster, Frantz, Gillette, Hendricks, Langhorne, Light, Lucas, Manian, Marion, McDonald, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson. Guest: Dr. Alison Morrison-Shetlar

**Unable to Attend Were:** Wodicka, Wright

President Light welcomed everyone back and noted the excellent attendance at the virtual meetings this year.

**Recordings to be made available:** At the request of one or more members, The Rev. Dennis Roberts will make recordings of the members' presentations available with the permission of the speakers.

**Archives in Jones Memorial Library:** President Light highlighted the excellent work of Dr. Jim Wright and Nancy Marion in archiving speeches presented throughout the history of the Sphex Club.

**President Light introduced Dr. Jeff Wilson our speaker for the evening:**

Jeff was born in Charleston, West Virginia but lived in Connecticut, Kentucky, Florida, and Pennsylvania while growing up. He is Duke inbred receiving a BS in Zoology (1968) and his M.D. in 1972. He continued post-graduate medical training at Duke including internship, internal medicine residency, and rheumatology fellowship from 1972 till 1979. This was interrupted by two years of active duty Navy service (1974-1976).

He and his wife Sandra have been married since June 20, 1969. They have two children, Elizabeth and Melissa and three grandchildren. They discovered Lynchburg looking for access to the Appalachian Trail. Sandra is hiking the AT piecemeal. The longest they have lived in any one place has been Lynchburg where he practiced rheumatology from July 7, 1979 until December 15, 2014. He saw rheumatology patients two afternoons a month in the Free Clinic and has prepared a Rheumatology Primer for the Free Clinic.

He served as President of the Lynchburg Academy of Medicine, 6<sup>th</sup> District Councilor to the Medical Society of Virginia, and was the tenth recipient of the William Barney Award in 2007.

He has published two books and authored chapters on vitamin D and Environmental Triggers which relates to tonight's presentation, "How It All Works (or Getting a Toe in the Water)."

**Our presenter provided this summary of his presentation entitled: "How It All Works (or Getting a Toe in the Water)."**

Autoimmunity, the body's immune system acting against itself, has been noted since the early 1900's; called **Horror Autotoxicus** by Dr. Paul Ehrlich. There is evidence that autoimmune diseases are becoming more frequent. The varied forms of autoimmune diseases follow a similar model, typified by the HLA B27 story. Our **Inherited Genetics** include **Inherited Susceptibilities (e.g. HLA B27)** which are **Unexpressed**. The next question was what acted as **Triggers** resulting in **Expressed Inherited Susceptibilities**. In the case of HLA B27, an infection (Shigella dysentery) triggered the development of the autoimmune disease, Reiter's Syndrome . While the **treatment** using medications such as methotrexate and hydroxychloroquine may control the Reiter's Syndrome disease manifestations, the real goal for a model is to allow **Prediction** and **Prevention** of these diseases. In the case of HLA B27 triggered to Salmonella, a vaccine to be developed would be indicated.

A more current concern relates to Covid-19 infection. Patients with **Inherited Suceptibilities** detected by GWAS (Genome Wide Association Studies), ABO blood group for Type A blood and a multi gene locus pattern, are more likely (**predicted**) to have greater morbidity and mortality when **triggered directly** by the Covid virus. **Preventive** measures including vaccination, mask use, social distancing, and crowd avoidance would be especially important in this group. If the disease is not prevented, this identified group would be a candidate for earlier **Treatment** with dexamethasone and monoclonal antibody plasma plus more careful monitoring by an intensive care unit.

There is some concern that global warming may represent an **Indirect Trigger** in many conditions associated with expanded range of tick and viral diseases.

The role of vitamin D and hydroxychloroquine in immunomodulation needs further investigation.

**After a question and answer period, the meeting was adjourned by President Light at 8:20 p.m.**

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

*A recording of the presentation is available. Please click on the link or cut and paste it into your browser to access the presentation. A special thanks goes to The Rev. Dennis Roberts for making these recordings available.*

**Here are the links to our January presentations:**

Hermina Hendricks -

<https://youtu.be/3lzZ4snSQYs>

Dr. Jeff Wilson

<https://youtu.be/8UTkCZkLMS0>

**Because of the COVID-19 Pandemic, Sphex Presentations in the fall and spring of 2021 were presented virtually to protect members and their guests from the virus.**

*(A recording of the presentation is available courtesy of The Rev. Dennis Roberts. Please click on the link or cut and paste it into your browser to access the presentation. The links can be found below the minutes.)*

### **Minutes of the 1,459th meeting of the SPHEX Club**

**February 4, 2021**

President Cham Light called the 1,459th meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, February 4. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Cyphert, Dawson, Delaney, Delzingaro, Doyle, Foster, Frantz, Gillette, Hendricks, Langhorne, Light, Lucas, Manian, Marion, Payne, Roberts, Schewel, Stinnett, Tiller, West, Wilson, Wright.

**Unable to Attend Were:** Edwards, McDonald, Sigler, Wodicka

**Sphex's special guests for the evening:** Jodi Gillette, Bob and Marsha Gillette, Maria Roberts, Tracy and Helen Wheelock, Rachel Piscette, and Emeritus Member, Ken Garren.

There were no formal presentations by committees at this time.

**President Light introduced Dr. Michael Gillette, our speaker for the evening:**

Tonight's speaker is Dr. Michael Gillette. Michael grew up in Connecticut and then headed to Boston to earn his Bachelor's degree with majors in Philosophy and Classical Greek at Brandeis University where he was elected Phi Beta Kappa. He then went on for his Master's and Ph.D. in philosophy at Brown University. Michael and his wife Jodi, who have been married for 35 years, moved to Lynchburg in 1990 when Michael accepted a position in the philosophy

department at Randolph-Macon Woman's College. After earning tenure and promotion to Associate Professor, Dr. Gillette promptly resigned his position to pursue a full time career as an ethicist concentrating in clinical ethics, but also providing services in organizational ethics and ethics in local government. Michael served for twelve years on Lynchburg City Council and served two terms as the City's mayor. He and Jodi have two daughters, Rachel who lives in Boise, Idaho and Becca who lives outside of Boston, Massachusetts. Michael will present his eighth SPHEX paper this evening, entitled "The Swiss Cheese of the Century".

**Our presenter, Dr. Michael Gillette, provided this abstract of his presentation entitled "The Swiss Cheese of the Century."**

In his eighth paper to the SPHEX Club, Dr. Gillette presented a brief overview of the history of the Israeli-Palestinian conflict and the series of efforts that have been offered between 1967 and 2021 to deal with the issue. Dr. Gillette began by reviewing the history of the region from pre-Roman times to the present in order to illustrate the claims to the land made by the relevant parties. He then explained the genesis of the "occupation" of the West Bank and the Gaza strip that is attributable to the 1967 Six Day War. After reviewing this background history, Dr. Gillette offered a summary of the various peace plans that have been developed, beginning with the Allon Plan and including the Oslo Accords, the Saudi Initiative, the Geneva Accords, the Olmert Offer, and the Trump administration's "Deal of the Century". After examining the Trump plan, and pointing out its fatal flaws, conversation then turned to the more hopeful efforts currently referred to as the Abraham Accords. While these more recent diplomatic developments signal a change in regional attitudes toward the Israeli-Palestinian conflict, Dr. Gillette concluded that the current political situation on both sides of the equation make an imminent solution unlikely.

**After a question and answer period, the meeting was adjourned by President Light at 8:44 p.m.**

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

*A recording of the presentation is available. Please click on the link or copy and paste it into your browser to access the presentation. A special thanks goes to The Rev. Dennis Roberts for making these recordings available.*

**Here is the link to Dr. Gillette's presentation:**

<https://youtu.be/NuQvPlmrFRY>

**Because of the COVID-19 Pandemic, Sphex Presentations in the fall and spring of 2021 were presented virtually to protect members and their guests from the virus.**

*(A recording of the presentation is available courtesy of The Rev. Dennis Roberts. Please click on the link or copy and paste it into your browser to access the presentation. The links can be found below the minutes.)*

## **Minutes of the 1,460th meeting of the SPHEX Club**

**February 18, 2021**

President Cham Light called the 1,460th meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, February 18th. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Cyphert, Dawson, Delaney, Delzingaro, Doyle, Edwards, Frantz, Hendricks, Langhorne, Light, Lucas, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wodicka, Wright.

**Unable to Attend Were:** Foster, Gillette, Manian, Marion, McDonald, Wilson.

**Sphex's special guests for the evening:** Megan Lucas, Angela Romero, Meredith Baker, Dr. Alison Morrison-Shetlar, and Sphex emeritus member Dr. Ken Garren.

**The Sphex Minutes for February 4 were approved.**

**Treasurer's Report** – Marc Schewel offered yet another hilarious treasurer's report. This one was unique in that it never mentioned any numbers.

### **Ad Hoc Sphex Archives Committee Report – Ted Delaney, Chair**

1. The committee has completed the scanning of the minutes and talks housed at the Jones Memorial Library, from the club's founding in 1910 to 2020. All have been made keyword searchable except for the first 20 years of the minutes which were handwritten.



2. We will come back to the membership soon with recommendations for hosting the digital archives and making them available to members and possibly others.
3. We will also make recommendations about maintaining paper copies of all minutes and papers in the future.
4. We ask that, going forward, all speakers provide, in addition to the usual abstract and printed copy of their talk, a digital file, including the text and images. If a PowerPoint presentation was used, that file should be provided as well. The text file format is not important because the secretary will convert those files to pdf format for archiving.

**President Light introduced Tory Lucas, our speaker for the evening:**

Professor Tory L. Lucas has served on the faculty of Liberty University School of Law since 2011. During his legal career, Tory has been a trial lawyer in private practice, served as a judge advocate in the U.S. Air Force, earned an LL.M. degree in a distinguished fellowship, clerked for two federal judges on the U.S. Court of Appeals for the Eighth Circuit, published sixteen articles, and taught law at Creighton University School of Law, Stetson University College of Law, the University of Nebraska College of Law, and Liberty Law. Tory was the first person in his family to attend college, and he now serves on the Board of Trustees of his alma mater Culver-Stockton College. Tory is married to Megan A. Lucas, who serves as the CEO and Chief Economic Development Officer of the Lynchburg Regional Business Alliance. This is Tory's second SpheX presentation, which is entitled *Dissing Ability*.

**Our presenter provided this abstract of his presentation entitled *Dissing Ability*.**

When you read the word disability, do you envision ability? When you see a person with a disability, do you focus on the disability before you recognize the person's ability? Regrettably, it is common to ignore a person's ability when blinded by an incessant focus on disability. Three little letters—D I S—placed in front of ability can zap it of its power. Put simply, a misdirected focus on disability can diss ability. Diss is a slang term that means "to treat with disrespect or contempt." It is an insult. For centuries, America has dissed—or disrespected—ability through its misguided focus on disability. A societal emphasis on people's disabilities ensures that they never

enjoy equal access to equal opportunity. Casting a vision to end America's propensity to disability, this Article looks backward to understand how society has mistreated people with disabilities and forward with a plan to permanently change course. Explaining that disability is a common experience, Part I challenges society to focus on ability over disability. Looking backward, Part II details historical horrors that have befallen people with disabilities when society incessantly focused on disability without seeing ability. This long and cruel history recounts structural exclusion and societal elimination of people with disabilities. The Article then transitions from the horrors of the past to hope for the future. Part III catalogues major civil rights milestones that began to fulfill the promise of equal access to equal opportunity for people with disabilities. Part IV features the historic and hope-filled Americans with Disabilities Act of 1990 and the ADA Amendments Act of 2008 that ensured national civil rights for people with disabilities. Even though this part unleashes enduring hope for equal opportunity, it cautions that America's historically misguided focus on disability is not easily corrected and continues to disability. Part V concludes with a profile of The Reverend Harold H. Wilke, a disability rights pioneer who proved that ability trumps disability when imagination is engaged. America's incessant focus on disability must recede permanently from view so that ability may emerge in full view. Hoping to end the disabling view that disability means inability, this Article envisions a future in which America no longer tolerates prejudicial views of disability. If America follows this Article's hopeful prescription for a clear vision of ability that is not blurred by a horrifically misdirected view of disability, it will no longer disability.

**After a question and answer period, the meeting was adjourned by President Light at 8:42 p.m.**

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

*A recording of the presentation is available. Please click on the link or copy and paste it into your browser to access the presentation. A special thanks goes to The Rev. Dennis Roberts for making these recordings available.*

<https://youtu.be/2MhQ-4BeCzo>

**Because of the COVID-19 Pandemic, Sphex Presentations in the fall 2020 and the spring of 2021 were presented virtually to protect members and their guests from the virus.**

*(A recording of the presentation is available courtesy of The Rev. Dennis Roberts. Please click on the link or copy and paste it into your browser to access the presentation. The links can be found below the minutes.)*

### **Minutes of the 1,461st meeting of the SPHEX Club**

**March 4th, 2021**

President Cham Light called the 1,461st meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, March 4th. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Dawson, Doyle, Edwards, Foster, Frantz, Gillette, Hendricks, Langhorne, Light, Lucas, Manian, Marion, McDonald, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson, Wright, and emeritus member, Dr. Ken Garren.

**Unable to Attend Were:** Cyphert, Delaney, Delzingaro, Wodicka

**Sphex's special guests for the evening:** Judy Frantz (spouse of the speaker), Mary-Katherine Taylor (Dr. and Mrs. Frantz's daughter who lives in Los Angeles.)

Sphex Minutes were approved without change.

**Nominating Committee Report - Dr. Jeff Wilson, Chair, Hermina Hendricks, Kimball Payne**  
**Nominations for Sphex Officers 2021-2022**

President	Katie Cyphert
Vice President	Dr. David Frantz
Treasurer	Marc Schewel
Secretary	Dr. Ken West
Assistant Secretary	Joe Stinnett

**President Light introduced David Frantz, MD, FACS, our speaker for the evening.**

Dr. Frantz grew up in Silver Spring, MD and attended the University of the South in Sewanee, Tennessee where he was a member of Phi Beta Kappa. He then went to Tufts University in Boston for his medical degree, then began his first residency at the University of Vermont in Internal Medicine.

Dr. Frantz moved to Portland Maine to train in General Surgery at the Maine Medical Center. He completed his final residency at the University of Wisconsin in Madison, training in Cardiothoracic Surgery.

Dr. Frantz began practice in St. Louis where he remained for 4 years.

In 1989, however, he came to Lynchburg to establish the Cardiac Surgery Program for Centra Health, which began at Virginia Baptist Hospital. He served as the Director until his retirement from surgery in 2015 and he now works regularly for Centra's Center for Wound Care and Hyperbaric Medicine.

**Accomplishments in Lynchburg Include:**

- Established a private practice group performing all adult cardiac and thoracic surgery in 1989.
- Helped design and opened Centra's new cardiac OR's and ICU at Lynchburg General Hospital 1995.
- Personally performed approximately 5000 open heart surgeries during his career in Lynchburg.

**Honors in the 21<sup>st</sup> Century include:**

Hearts of Fame Award – Mended Hearts Chapter 16 - 2002

Honoree, Sackett Heart Ball - 2014

Best Bedside Manner - Our Health Magazine - 2015

Dr. Frantz is a past president of the Lynchburg Academy of Medicine.

Serves on the Board of Centra Specialty Hospital and the Vestry at St. John's Episcopal

He has two grown daughters in Atlanta and LA, and is accompanied tonight by his wife, Judy.

**Our presenter David Frantz, MD, FACS provided this abstract of his presentation entitled “Need a Haircut?”**

The origins of the craft of surgery are not among the physicians of antiquity or even the academics of the great universities of Europe. Rather, surgery arose from the practice of barbers in the Middle Ages. The first accounts of barber-surgeons appear in the records of the monasteries of Europe about 1000 AD. They performed haircuts and did simple procedures such as bloodletting, pulling teeth, lancing boils, and caring for simple wounds. Very little progress was made over the centuries although the role and abilities of surgeons advanced in times of war. This is a recurring theme throughout surgical history. Surgeons remained of lower class than physicians, serving only apprenticeships rather than having academic training.

The barber pole remains as a vestige of this common origin of barbers and surgeons, thought to represent the bloody bandages of their practice of bloodletting. The tradition in Great Britain to refer to male surgeons as “Mr.” rather than “Dr.” is a remnant of their separate origins.

Ambrose Pare in 1545 observed on the battlefield that hot cautery to treat amputations was detrimental and devised a turpentine salve and the direct ligation of blood vessels. But 300 years later surgical procedures were still very limited and gruesome in their execution. Amputations were performed in 30 seconds or less to minimize the patients’ agony.

**The three barriers of pain, infection and bleeding prevented progress.**

Sir Humphrey Davy, in England, discovered the effects of nitrous oxide in 1800, but his suggestion it be used in surgery went unheeded and it became popular only for entertainment as “laughing gas.” Forty years later Horace Wells, a dentist in Hartford, Conn. used it successfully in his dental practice, but a demonstration in Boston was a failure. William Morton, another dentist and surgeon, used ether for the famous demonstration of surgical anesthesia at Massachusetts General Hospital in 1847. Chloroform, much better tolerated and non-flammable, was discovered as an anesthetic by a Scot, Sir James Young Simpson and became the preferred agent. Deaths occurred due to its toxicity, however, and ether once again became the dominant anesthetic for the next 100 years.

With the luxury of time to operate, surgeons vastly expanded the procedures they attempted. This led to frequent devastating infections and surgery was banned from many hospitals. Infection became so common that the term “laudable pus” entered the lexicon, denoting that with pus draining, rather than forming an abscess, a wound might eventually heal. There was no understanding of the contamination and infections caused by surgeons’ hands, instruments, and frocks.

Louis Pasteur studied bacterial contamination and spoilage, ultimately making the link between the bacteria and disease with his treatise, *Germ Theory of Disease* in 1862. Joseph Lister, working in Glasgow, applied this theory to open wounds, using the antiseptic carbolic acid as an aerosolized spray in his operating room. “Listerian” techniques gradually spread as antiseptics were accepted. Dramatic improvements occurred in surgical care and infection rates. Listerine was named in honor of Joseph Lister in 1888.

John Halsted, an icon of American surgery, championed the Listerian techniques and advanced the ideas of gentle handling of tissues, meticulous dissection, and minimal blood loss to improve results. He had gloves designed for his scrub nurse, who had developed a rash from the antiseptic sprays. These became the first surgical gloves and spread to the rest of the operating team to protect the patient from the bacteria of the surgeons’ hands.

Robert Koch, a German physician, and microbiologist, photographed bacteria and directly linked specific bacteria with their diseases, applying Koch’s Postulates. He identified the bacteria on the hands of the surgeons as the same as in the patients’ wounds. We now moved from an era of “antiseptics” into an era of “asepsis,” requiring the development of gloves, designated operating rooms, sterile instruments, operating gowns and hats, and masks.

**Two of the three barriers had been overcome, but the mystery of blood loss remained.**

The injury to General Stonewall Jackson at Chancellorsville provides one of the first descriptions of hemorrhagic shock, although this was poorly understood. Blood transfusions from animals had been attempted as early as 1667 without success. Transfusions from husband to wife for postpartum hemorrhage were again tried by James Blundell in London in 1818, but were often fatal due to immune reactions. Karl Landsteiner, an Austrian physician discovered blood groups in 1900 and Ludvig Hektoen, in Chicago showed that blood could be cross-matched. WW I saw the advance of transfusion technology with the citrate-glucose additive to preserve and anti-coagulate donations. Durable plastic bags replaced glass bottles in 1955

**The three barriers had now been breached.**

Advances during WWII included formal blood banks, penicillin, and the development of balanced anesthesia using separate agents for sedation, muscle relaxation and pain relief. Specialization in surgery accelerated and surgeons developed advanced expertise in their fields.

As a result of these transformative changes, surgery evolved from a gruesome and dangerous craft into an integral part of our medical armamentarium, dramatically expanding our ability to intervene in the course of disease. Patients could now go into the operating room not with existential fear and desperation, but with hope. They might even be happy to show off their scar with some pride.

**After a question and answer period, the meeting was adjourned by President Light at 8:40 p.m.**

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

*A recording of the presentation is available. Please click on the link or copy and paste it into your browser to access the presentation. A special thanks goes to The Rev. Dennis Roberts for making these recordings available.*

Here is the link to Dave Frantz's presentation.

<https://youtu.be/0JZAocx9jbo>

[Preview YouTube video Dr. David W. Frantz - "Need a Haircut?"](#)



**Because of the COVID-19 Pandemic, Sphex Presentations in the fall and spring of 2021 were presented virtually to protect members and their guests from the virus.**

*(A recording of the presentation is available courtesy of The Rev. Dennis Roberts. Please click on the link or copy and paste it into your browser to access the presentation. The links can be found below the minutes and special attachments.)*

## **Minutes of the 1,462nd meeting of the SPHEX Club**

**March 18, 2021**

President Cham Light called the 1,462nd meeting of the SPHEX Club of Lynchburg to order at 7:30 p.m. on Thursday, March 18. This was a virtual meeting (Zoom).

**Active members present were:** Cook, Cyphert, Dawson, Delaney, Delzingaro, Doyle, Edwards, Foster, Frantz, Gillette, Hendricks, Langhorne, Light, Lucas, Manian, Marion, McDonald, Roberts, Schewel, Stinnett, Tiller, West, Wilson, Wodicka, Wright and Emeritus Member, Dr. Ken Garren.

**Unable to Attend Were:** Payne, Sigler

**The minutes for March 4** were approved without modification.

### **Treasurer's Report: Marc Schewel**

Having been accused by our illustrious secretary of delivering reports on the status of the Sphex Club Treasury absent the mention of any numbers, I have decided to address that criticism tonight by providing not only our bank balance but a laundry list of some other sobering numbers:

\$1.9 trillion: the amount of public money authorized by Congress for spending in the American Rescue Plan Act of 2021; 19,000: the number of years it would take for Schewel Furniture Company to accumulate \$1.9 trillion in sales revenue;

\$300 million: the amount of public money authorized by Congress to monitor and survey susceptible animals for incidents of Covid-19; \$1.01 billion: the amount of public money authorized by Congress to assist socially disadvantaged farmers, ranches, forest land owners, operators, and groups; \$40 billion: the amount of public money authorized by Congress to support tax-exempt colleges and universities; \$7.6 billion: the amount of public money allocated by Congress to the Department of Health and Human Services for grants to and cooperative



agreements with community health centers for Covid-19 vaccine distribution, testing, contact tracing, equipment, staffing, infrastructure, education, and outreach; \$26 billion: the amount of public money allocated by Congress to urban transit systems to allow them to recover 132 percent of their 2018 operating costs; \$570 million: the amount of public money authorized by Congress for paid leave up to six hundred hours each for federal employees unable to work due to quarantine related to Covid-19 including caring for family members (maybe this is why we can't get our mail delivered on time); \$7 billion: the amount of public money allocated by Congress to airports for costs related to preventing the spread of pathogens, including personnel, cleaning, sanitation, janitorial service, and debt service; \$86 billion: the amount of public money authorized by Congress to enable multi-employer defined benefit pension plans—those operated, or shall we say, mismanaged, jointly by corporations and labor unions—to cover their obligations through 2051; \$200 billion: the amount of public money processed and paid by state governments in 2020 for fraudulent unemployment claims; \$960,855: the amount of public money Tom Brady's company TB12 received in 2020 in the form of a Paycheck Protection forgivable loan, a hefty sum for most people but a mere pittance to Mr. Brady and his wife Gisele Bundchen who together are worth \$600 million;

And finally, \$1293.56, the amount of money in the Sphex Club account at the Bank of the James as of 3/18/2021.

#### **Nominating Committee's Election of Officers:**

Dr. Jeff Wilson, Chair

Hermína Hendricks, Kimball Payne members

#### **Sphex Officers 2021-2022**

President                      Katie Cyphert

Vice President              Dr. David Frantz

Treasurer                    Marc Schewel

Secretary                    Dr. Ken West

Assistant Secretary      Joe Stinnett

#### **Dr. Jeff Wilson presented "A Resolution of Appreciation for Stuart Horsley Harris, Jr., M.D."**

Following Dr. Wilson's presentation of this resolution, many members spoke of the meaningful relationships Dr. Harris created with his patients, Sphex members and people of all races throughout Central Virginia. The resolution is attached to these minutes.

## **Report of Ad Hoc Sphex Archives Committee**

Ted Delaney wrote a detailed summary of the work of his committee that will soon allow members to read each of the presentations in the Sphex archives at Jones Memorial Library. The committee's full report is attached to these minutes.

## **Reflections about the 2020-2021 Sphex Year, Virtual Presentations and Leadership**

### **Dr. Ken West, Secretary**

Two individuals and one committee were recognized for their major contributions to Sphex during our Covid19 pandemic year. Having been fortunate to follow the work of all three, I would like to place a few brief reflections in the minutes of our final meeting of the year.

In August of 2020 the executive committee met as Covid19 was spreading dangerously. It was obvious we could not meet together as Sphex members have for over 100 years. We were unsure how successful virtual meetings would be. President Cham Light's optimism and positive leadership gave us the determination to attempt virtual meetings. They went wonderfully. And, President Light's constant optimism and appreciation for the extra work each presenter took on was inspirational to the entire membership. President Light proved to be the right leader for a year like no other.

One member, The Rev. Dennis Roberts, possessed the technical ability to help every presenter feel comfortable presenting virtually. Fortunately, Dennis Roberts also proved to be an exceptional teacher with endless patience and good will. He not only helped presenters, but he also provided a link to each virtual meeting and eventually created YouTube links to presentations so that people unable to attend the virtual sessions could still learn from each presenter.

The Ad Hoc Sphex Archives Committee (Ted Delaney--Chair, Dr. Jim Wright, Nancy Marion and Dr. Tom Tiller) scanned the club's entire archives including over 100 years of papers delivered by members at meetings, club constitutions, meeting minutes, club histories, and membership records. Almost all of this material has been indexed using 'optical character recognition' software." Soon these documents will be available to all emeritus and present members. What an incredible accomplishment to achieve in this pandemic year when so many projects did not move forward!

### **President Light introduced Joan Foster, our speaker for the evening:**

Joan Foster is a graduate of the University of Lynchburg and holds three degrees (B.A., MAT and MEd) in Elementary and Early Childhood Education, as well as Special Education. The University awarded Joan an Honorary Doctor of Humanities degree.

She just retired from the position of Director of Development for Lynchburg Beacon of Hope, an organization which strives to instill in all Lynchburg City Public School students the aspiration to pursue and attain a post-secondary education.

Joan was elected in 2002 to Lynchburg City Council as an At-Large Member. She served on Lynchburg City Council from 2002-2018. In her position as council member, she served as Vice Mayor and Mayor of the City of Lynchburg.

Joan was the first female Mayor of the City. During her tenure as Mayor, Joan advocated for and helped lead the following initiatives:

- Dialogue on Race and Racism (Lynchburg Beacon of Hope originated from this initiative)
- Pre-school literacy initiative (The Amazing Mayor's Book Race handed out more than 2500 books to elementary school students)
- Live Healthy Lynchburg ([www.LiveHealthyLynchburg.com](http://www.LiveHealthyLynchburg.com)), a challenge she issued to the community to lose 12 tons in 2012, which they did by the summer of 2012.
- Poverty to Progress initiative that she kicked off during the State of the City in 2017, along with Vice Mayor Tweedy

Joan is married to Bob Foster and has three grown children and seven grandchildren.

**Joan Foster provided this abstract of her presentation entitled “A Culture of Care... Walking in Another’s Shoes.”**

This presentation was on poverty in Lynchburg, specifically over the last ten years, and how the community responded by creating a culture of care to address intergenerational poverty in Lynchburg. Intergenerational poverty was defined as poverty that persists from one generation to the next; in other words, households in which daily needs are not consistently met, and the individuals in these households remain in poverty over a lifetime. (Weldon Cooper Center's report to Lynchburg Council, 2015). Much has been written about poverty and about those living in poverty. Although, the presentation was about what has happened in the community over the last few years, the speaker did mention that our history in Lynchburg has not always been a culture of care for everyone, when we look at the percentages of those living in poverty in our community there is a racial dimension and a glance back at our history reveals that racial injustices have played a role. Red-lined African American neighborhoods, New Deal programs that excluded African Americans, and funding that helped with education and business start-ups for whites only again excluded our African American neighbors. (Dr. John Abell, *Redlining in*

Lynchburg, August 25, 2020). The presenter stated that this is unacceptable and should not define who we are in Lynchburg, Virginia in 2021!

However, the goal of this presentation was to present information on the intergenerational poverty rate in our City and share with the audience some of the efforts that City government and Lynchburg citizens have initiated to reduce the poverty level and increase the median income. At the end of this presentation, some of the early outcomes were shared but the speaker pointed out that COVID 19 may have changed all that was reported in regard to the poverty rate and the median income. The speaker began the presentation with three individual stories of Lynchburg citizens living in poverty in the City; however, the endings of these individual stories were not revealed until the end of the presentation.

Highlights and background information was enumerated on concerning actions that Lynchburg City Council took to obtain an accurate measurement of poverty in Lynchburg. Funds were allocated from the general fund to employ the Demographics Research Group of the Weldon Cooper Center for Public Service at the University of Virginia to conduct an actual analysis of poverty in the City of Lynchburg.

The Weldon Cooper Center study concluded the following after their study:

- Although, Lynchburg is distinct from other college towns in Virginia, poverty remains high even after accounting for postsecondary students
- The poverty rate among African Americans and Asians living in Lynchburg is higher than the overall 22.6%. Caucasians make up 63.1% of the Lynchburg population, however their rate of poverty is 19.0% whereas African Americans comprise about 30% of the population and have a poverty rate of 34.7%. In addition, Asians comprised 2.8% of the population and have a poverty rate of 45.3%. The study stated with a high degree of certainty that the poverty rate among whites is significantly lower than rates among African Americans and Asians. Approximately 30% of the City's children (who account for 21.7% of the population) are poor, that is 3 out of 10 children.

The recommendation from the Weldon Cooper Center to the City was:

- Consider *targeted* efforts to encourage employment and educate residents about social safety net programs, also there should be city-wide efforts to create job opportunities (Weldon Copper Center's study Poverty in Lynchburg, Virginia -An analysis presented to Lynchburg City Council on December 8, 2015)

City Council's response to this recommendation occurred in February of 2017 at The State of the City address when Mayor Foster and Vice Mayor Tweedy kicked off a City initiative, **Poverty to Progress**, and issued a call to action for the 23% poverty rate. This call asked the community to come out to a meeting on May the 4<sup>th</sup> 2017 to help design a plan to tackle poverty. It was stressed in the call to action that poverty is a community issue, and it will take the community to make a difference. They urged the community to work together; government, faith leaders, non-profit organizations, schools, private citizens, and design the plan and work through tasks forces together. (Lynchburg State of the City Address, February 2017. On May 2017 over 800+ citizens answered this "Call to Action" meeting and brainstormed solutions to lower the generational poverty rate. Nine community task forces of citizens were formed to tackle the identified problems. These tasks forces met throughout the summer and fall of 2017 to create action plans with goals and measurements. Prior to this meeting a regional effort had been occurring called Bridges to Progress tackling the same problems but more regionally. In the fall of 2018 Poverty to Progress merges with Bridges of Central Virginia and forms Bridges to Progress, with 10 task forces. The task forces deal with the barriers that are faced by those living in poverty: Early Childhood Care, Education, Community, Education, Housing, Legal System, Mental Health, Faith Community, Food Disparity, Transportation, Workforce. The task forces continue to meet and a Bridges to Progress Steering Committee was appointed to oversee the work; 5 Steering committee members were appointed by Mayor Tweedy and City Council and 5 were appointed by Bridges of Central Virginia.

This merger represented a collective effort by the citizens of Lynchburg to reduce poverty in the City of Lynchburg. The merger resulted in the development of action items focused on eliminating barriers for our low-income citizens. It was also a catalyst for the civic engagement of faith-based organizations, non-profits, individuals, businesses, schools, and others to rally around the cause of creating a community of care with empathy and understanding the citizens in our community that are living in poverty. (Bridges to Progress website).

Throughout discussions on poverty both by local government agencies and grassroots citizens three main components continually came up in community conversations:

- education (i.e., family dysfunction that prevents their involvement in a child's life that encourage the culture of cradle to graduation/college/career)
- jobs/workforce (lack of employable skills, education, history that prevents being employable, etc.)
- knowledge of and access to resources (to decrease homelessness, overuse of medical emergency services, mental health issues, substance abuse, etc.).

Meanwhile, the grassroots community was establishing their own community response to the growing problem of poverty in the Lynchburg community. The speaker related that during the last ten years many important grassroots initiatives and programs came about to activate citizens to respond and become a part of the solution. Lynchburg Beacon of Hope, Stay Close Go Far Scholarships, Bridges Out of Poverty's Getting Ahead Classes, The Holcomb Hughes Community Health Center (CAN on Fifth Street), Parkview Mission, Open Table, No Walls Ministry were named. These non-profits came about as cultures of care to assist with the educational endeavors of public-school youth, to provide a pathway to address the physical and mental health needs of the uninsured and underinsured, to provide a safety net for food needs for children and families, as well as mentoring and assisting citizens living in poverty by building their social resources and assisting with financial stability.

In January of 2020, Lynchburg City Council approved all nine Bridges to Progress Task Forces grant applications, over \$112,000 was allocated in response to action plans that included some of the following goals:

- Services will be provided through Getting Ahead classes, training through Virginia Career Works, and ongoing social support through Community Connected Open Table model.
- Smart Beginnings Central Virginia, a partner in the Early Childhood Care and Education Workgroup, will provide intensive classroom-based coaching at the White Rock Head Start Center.
- The Faith Taskforce will partner with approximately 25 families of the Fairview Community Center to offer three sessions of a four-week program to enhance family money management skills as well as family soft skills necessary to secure and maintain gainful careers.
- The Food task force will purchase 100 transit folding shopping carts for citizens regularly utilizing food agencies that are challenged with transporting groceries via walking or public transportation

In closing the speaker related that our community has stepped up and worked together to find real, sustainable solutions to our poverty numbers, however this has been and will continue to be a difficult journey. There are no easy fixes to systemic poverty, it is important to remember that when we talk about poverty we are also talking about economic development and the financial well-being of all of our citizens. When people are able to move out of poverty, work in jobs that pay living wages, and are able to enjoy what most of us take for granted, the entire community becomes stronger. A graph was shared from the U S Census Bureau that reflected the poverty rate and the median income from 2015 (24.8% and \$39,589) to 2019(19.5% and \$46,409). The speaker asked this question; is this a direct correlation from what has been done over the last 10

years? Hopefully, it is. However, in the next few years we will see the impact of COVID on our poverty rate and our median income.

The presentation was concluded with the outcomes of the three individual stories, two ended incredibly well.

**After a question and answer period, the meeting was adjourned by incoming president Katie Cyphert.**

It was noted that President Cyphert follows the strong tradition set in the modern era by the first two women to serve as the president of SpheX: Hermina Hendricks and Julie Doyle.

Respectfully submitted,  
G. Kenneth West, Ph.D.  
Secretary

Report of Ad Hoc SpheX Archives Committee

*March 18, 2021*

**Committee Members**

Ted Delaney, *Chair*

Nancy Marion

Tom Tiller

Jim Wright

The Ad Hoc SpheX Archives Committee has met to discuss how to make our club's 100 years of records and papers more accessible, which we feel is an important way to honor the hard work and scholarship of our members. We have now scanned the club's entire archives, including papers delivered by members at meetings, club constitutions, meeting minutes, club histories, and membership records. Almost all of this material has been indexed using "optical character recognition" software.

**The SpheX Archives Committee recommends that the club allow Jones Memorial Library of Lynchburg to host its complete archives in electronic format, through a password protected database on the library's website ([jmlibrary.org](http://jmlibrary.org)), available to both active and emeritus members. The database will be fully searchable, and search results will link directly to files in PDF format.**

Jones Memorial Library has generously offered to host this digital archive on its website free of charge, at no cost to the club.

The committee recommends revisiting the database at a meeting in the fall or winter of this year to consider several important questions:

1. Should the database be made available to the general public (i.e., remove the password protection)?
2. Should members be asked to opt-in or opt-out of their papers being added to a public archive?
3. How do we address the use of copyrighted images as illustrations or visual aids in members' papers?
4. Do we need a disclaimer that the papers were intended for club consideration only, and may no longer reflect the opinions, attitudes, scholarship, etc. of the author?
5. Should members continue to submit paper copies of their papers, since they are now being asked to submit digital versions, too?

We felt the club needed to see and use the archives—and give us more feedback—before we could answer these questions or make further recommendations.



Our committee will work over the spring and summer to develop guidelines for club secretaries for adding papers, minutes, and other records to the database in the future.

Respectfully submitted, Ted Delaney

A Resolution of Appreciation for  
**Stuart Horsley Harris, Jr, M.D.**  
(1931-2021)

**W**hereas Stuart Horsley Harris, Jr was born in Roanoke, Virginia, grew up in Lynchburg, Virginia and

**Whereas** Stuart graduated Phi Beta Kappa from the University of Virginia in 1953, where he excelled in athletics and academics and

**Whereas** he graduated from the University of Virginia School of Medicine in 1957 and

**Whereas** he served in the United States Army Medical Corps in Munich, Germany from 1958 to 1960 and

**Whereas** he completed training in general, thoracic, and vascular surgery at the University of Virginia in 1964 and

**Whereas** he moved to Lynchburg in 1965 and founded Seven Hills Surgical Associates and

**Whereas** he served two months in 1969 on the ship U.S. Hope in Tunisia and

**Whereas** he was an active member of SPHEX from 1992 until becoming an Emeritus Member in 2011 and

**Whereas** his presentations were always scholarly, informative, and entertaining and

**Whereas** his convivial presence will be missed by the members of the SPHEX Club who were fortunate to know him,

**Now be it resolved** that the members of the SPHEX Club express their sincere appreciation for the life and membership of Stuart H. Harris, Jr., share the sorrow of his death, and extend condolences to his family.