

Hampton cancer survivors offer inspirational guide

Check out this inspirational story by a local married couple. Their book also serves as a guide for cancer survivors and caregivers. And all readers can benefit from its cancer prevention plan.

Roger and Kathy Cawthon have written "Medicine, Marathons & Miracles: Turning a Diagnosis of Cancer into Personal Victory" (Ruby Press, \$19.95), a personal account of a husband and wife's journey from simultaneous cancer diagnoses at the age of 44 to their shared personal victories — both finished the 26.2-mile Marine Corps Marathon on Oct. 24, 1999, in Washington, D.C.

The account is told in first person by Kathy Cawthon, a freelance writer, author and



photographer whose work has received awards from the Virginia Press Association, the National Federation of Press Women, the National Education Association and the American Cancer Society. She is a graduate of the College of William and Mary, where she is also a fellow of the Eastern Virginia Writing Project.

Roger Cawthon is a former reporter for CNN, ABC and CBS affiliates. He has received awards in broadcast journalism and business, and from the American Cancer Society. He is a graduate of West Point.

The husband and wife, now 10-year survivors, currently reside in Hampton. Their motto is "fighting cancer with hope and humor."

The book, endorsed by New

BOOK CORNER

LISA CHERRY

York Times best-selling author Bernie Siegel, can be purchased online at www.thecancercrusade.com or by calling 826-7513. A percentage of all sales is donated to the Relay For Life.

On a personal note, Chapter Nine, titled "The Miracle of the Marathon," moved me to tears. I believe the Cawthons' book will speak to all readers, and that it is as emotionally relevant as it is well written.

VIRGINIA BEACH AUTHORS

Joan Hustace Walker of Virginia Beach has written "The Everything Chihuahua Book: A Complete Guide to Raising, Training and Caring for Your Chihuahua" (Adams Media, \$12.95), scheduled for

release in May. Walker also wrote "The Everything Dachshund Book" and has received four Maxwell Awards, given by the Dog Writers Association of America.

Virginia Beach resident Pamela Fierro has written "Praying Through Pregnancy: A Week-by-Week Guide for Christian Women" (Adams Media, \$12.95) with Dallas resident Suzie Chafin. The book is scheduled for release in July. Fierro also wrote "The Everything Twins, Triplets, and More Book."

ABOUT APPALACHIA

"The United States of Appalachia: How Southern Mountaineers Brought Independence, Culture and Enlightenment to America" (Shoemaker Hoard Publishers, \$26) challenges the stereotypes long associated with the region. In the book, author Jeff Biggers makes note of a

number of innovators who originated in that area, including well-known authors Willa Cather and Pearl S. Buck.

Biggers divides his time between Illinois and Italy. A writer and radio correspondent, his stories and programs have appeared on National Public Radio, Public Radio International and various newspapers and magazines. He also co-edited "No Lonesome Road: Selected Prose and Poems of Don West," winner of the American Book Award.

The author is scheduled to appear in a two-hour special about the myths and realities of the Appalachian region this fall on The History Channel. ■



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