

Why “Hastings Medical Clinic”?

Honoring Family, Heritage, and the Spirit of the Welsh Dragon.

The name *Hastings* comes from my mother, Mary Hastings, born in the Welsh town of Ystradgynlais in 1931 to Harry and Gwen Hastings, their only child. As a teenager during World War II, she experienced the hardship and resilience that shaped her generation. Her father—my grandfather—served as a fireman during the devastating German bombings of Cardiff and Swansea.

In her early twenties, Mary moved to London, where she met my father, Elwood “Woody” Shomo, who was studying at the London School of Economics. They married and eventually moved to the United States, where Woody’s work as an economist took our family around the world—from Asia to Central America and beyond.

While my father traveled frequently for work, it was my mother who shouldered the daily adventures of moving two young boys—my brother Christopher (“Chris”) and me—from place to place. At just five foot two, she carried herself with quiet courage and determination. She fearlessly embraced new languages, customs, and environments, always placing our safety and well-being first.

Mary was thoughtful and gentle, yet fiercely protective and unshakably strong when it came to her sons. That spirit—tender and tough, resilient and rooted in love—is deeply Welsh in character. It’s no surprise that the Welsh flag bears a dragon: bold, unwavering, and full of fire.

Though she passed away many years before I opened this clinic, naming it after her felt natural. Hastings Medical Clinic is both a tribute to her and a reflection of the values she embodied. The Welsh dragon in our logo honors her heritage, my own, and the legacy of fearless, compassionate care she lived every day.



https://en.wikipedia.org/wiki/Flag_of_Wales