

Canterbury Episcopal School makes donation



Photo by Michelle Burks/Special to the Daily Light

Volley 4 A Cure co-chair Tyler Mathis; Jana Munoz of Women's Imaging Team Leader; co-chair Sheri Mathis, Lisa Hammonds, manager of Radiology/Women's Imaging; Mary Ellen Humphreys, director of Radiology & Cardiology and Vicki Hallum, breast cancer nurse navigator are shown.

Volley 4 A Cure raises money for cancer support and scholarship

By MICHELLE L. BURKS
Special to the Daily Light

Community service has been a priority of The Canterbury Episcopal School since the school's beginning in 1992. Service to others is an important part of the educational experience for all Canterbury students beginning in Kindergarten through high school graduation. Students have the opportunity to volunteer as individuals and as a group on various occasions throughout the year. Fostering a sense of belonging and responsibility to a larger community is an integral part of Canterbury's educational philosophy. Recently the

Canterbury seventh- through 12th-grades gathered to present a \$7,500 donation to Charlton Methodist Women's Imaging for use in the early detection and treatment of breast cancer.

A total of \$10,000 was raised at Canterbury's annual event, Volley 4 A Cure, co-chaired by Canterbury mom and breast cancer survivor Sheri Mathis and her son Tyler Mathis, who is a senior at Canterbury.

The annual event not only generates substantial funds to be used by local women affected by breast cancer, but unites the school body in awareness and compassion.

In addition to the donation to Charlton Methodist, \$2,500 was set aside for the Donna Gann Scholarship Fund at Canterbury.

This scholarship was established in 2010 in memory of Canterbury parent, Donna Gann after she lost her brave battle to cancer.

To learn more about cancer treatment and early detection, visit www.texasoncology.com/Methodist-charlton.aspx

For more information about The Canterbury Episcopal School, visit the website at www.TheCanterburySchool.org.

US Dermatology Medical Group to perform free skin cancer screenings

From STAFF REPORTS

One in five Americans will develop skin cancer in their lifetime, which, if detected early, has a better than 95 percent five-year survival rate.

Dr. Edward Rotan, MD, Dr. Alan Silverman, and Lisa Ostrowski, PA-C, volunteers for the American Society for Dermatologic Surgery, will conduct complimentary skin cancer screenings at their office locations to help individuals understand their own skin cancer risk.

At the screenings the provider will visually inspect each individual's skin for suspicious lesions and moles that could be a potential cancer risk. They will also provide educational materials explaining what individuals can do to prevent skin cancer and samples of sunscreen.

"As a dermatologist, I understand the importance of an early diagnosis because I regularly treat patients with skin cancer," Rotan said. "If detected early, skin cancer has an almost 100 percent five-year survival rate, but more than a million people still die of the disease each year. I am providing these screenings to detect skin



Submitted photo

Mullanax Dermatology Associates

cancer early and to educate the public."

The screenings are available by appointment only and are open to the public. Because they are complimentary, no insurance is necessary. Screenings will take approximately 15 minutes and no blood will be taken.

"If you have a mole that is asymmetrical, with an irregular border, multiple colors, a diameter larger than a pencil eraser or one that is evolving, bleeding or itching, you should see your dermatologist immediately," Rotan said. "Non-melanoma skin cancer was recently named an epidem-

ic. Skin cancer can affect anyone of any skin tone or gender. Find out your risk by coming in for a screening."

To make an appointment for a free skin cancer screening, call 817-261-1626.

The office locations where the screenings will be provided are:

- Arlington North Office
715 N. Fielder Road
Arlington, Texas
- Arlington South Office
811 W. I-20, Suite G-40
USMD Hospital
Arlington, Texas
- Waxahachie Office
1410 W. Jefferson
Waxahachie, Texas

Wilson graduates from UT Southwestern Medical Center

From STAFF REPORTS

Whitney Blair Wilson received a doctorate of physical therapy from the UT Southwestern School of Health Professions on Dec. 12.

She is the daughter of Randy and Becky Wilson of Waxahachie.

Dr. Wilson, who previously received a bachelor's of science degree in kinesiology - motor behavior from Texas A&M University, plans to work as a physical therapist at Texas Health Harris Methodist Hospital in Fort Worth.

UT Southwestern School of Health Professions is part of UT Southwestern Medical Center, which is ranked among the nation's top academic medical centers for its education, research and patient care.



Walk For The Kids scheduled for May 14

From STAFF REPORTS

Walk-A-Thon 2011, presented by Walgreens Distribution Center in Waxahachie, will be held beginning at 8:45 a.m. Saturday, May 14, at the distribution center, 710 Ovilla Road in Waxahachie.

Registration opens at 7:30 a.m. with stretching with DJ - Larry Washington at the main stage at 8:45. The walk will begin at 9 with the last walking group to begin the route at 10. Keith Jacobs will provide entertainment from 11:30 to noon. At noon the last group of walkers should complete the course and door prizes will be posted.

Raffle prize drawing and awards ceremony will take place at 12:30 p.m.

Sponsors are needed to help with:

1. Monetary donations
2. Help with the many needed supplies for the Walk-A-Thon
3. Raffle and Door Prizes
4. Help as one of our volunteers

Gold Level Walking Sponsorship - \$550

1. Walking Course Sign
2. Business Banner Displayed At Event
3. Recognition Walk Promo Flyer
4. Special Recognition at Awards Ceremony
5. Special Recognition in Local Media for Event
6. Appreciation Package

Silver Level Walking Sponsorship - \$350

1. Walking Course Sign
2. Recognition Walk Promo Flyer
3. Special Recognition at Awards Ceremony
4. Special Recognition in Local Media for Event
5. Appreciation Package

Bronze Level Walking Sponsorship - \$200

1. Walking Course Sign
2. Special Recognition at Awards Ceremony
3. Special Recognition in Local Media for Event
4. Appreciation Package

Walk-A-Thon Needed Supplies

1. Bottled Water
2. Gator Aid / Power Aid Type Drinks
3. Snacks - Fruit / Bananas / Cookies

Walk-A-Thon Door Prizes / Raffle Items

1. Bags for Prizes
2. Door Prizes for Gift Bags
 - a. Key chains
 - b. Pens and Pencils
 - c. Gift Cards
 - d. Other
3. Items of \$100 value or more for Raffle

Walk-A-Thon Volunteers

1. Volunteers to Help Out with the many tasks on May 14

Each year the Walgreens Distribution Center chooses a charity to be the recipient of funds raised in the Walk-A-Thon.

The Promise Child Development Center, whose purpose is to provide "Exceptional full time childcare in a 'safe' and 'healthy' environment for all our community's children with special challenges and needs, is the charity of choice this year.

Their goal is to provide a service to both parents and children in our community in a "sensitive" and "extraordinary way."

Currently located at the Waxahachie Bible Church, 621 N. Grand Avenue, the center finds itself in the process of having to find a new home.

The center makes a huge difference in the lives of families with children having special needs and challenges by nurturing and caring for infants as young as 4 weeks old and continues through fifth-grade where students receive age appropriate classes and activities.

For more information, contact Dennis Espinoza at 972-923-8700 ext. 8747 or e-mail dennis.espinoza@walgreens.com.

Volunteers needed

Family First Hospice is calling for volunteers in the areas of Ovilla, Red Oak, DeSoto, Duncanville, South Dallas, Ferris, Ennis, Waxahachie, Midlothian, Venus, Kaufman, Corsicana, Blooming Grove and Cedar Hill.

Volunteers offer a variety of services including sitting with patients while a care-

giver is out of the house or running errands for patients or caregivers.

First Family Hospice needs men, women and teens who can speak English and Spanish.

For more information, contact Margie Norum at 972-878-2273.

Sudoku Solution #2071-D

6	5	1	2	7	9	3	8	4
4	7	9	8	1	3	6	2	5
8	2	3	5	6	4	9	1	7
5	1	7	6	4	8	2	3	9
2	9	6	1	3	5	7	4	8
3	8	4	7	9	2	5	6	1
7	6	2	4	5	1	8	9	3
9	4	5	3	8	6	1	7	2
1	3	8	9	2	7	4	5	6

Sudoku Solution #2071-M

5	1	9	2	3	7	8	4	6
8	2	3	5	4	6	7	9	1
4	7	6	8	9	1	3	5	2
9	4	8	1	2	3	6	7	5
7	6	2	9	5	8	1	3	4
3	5	1	6	7	4	9	2	8
1	3	5	4	6	9	2	8	7
6	9	4	7	8	2	5	1	3
2	8	7	3	1	5	4	6	9

Community News Notes

Volunteers needed

Volunteers are needed for parenting survey.

Researchers at the USDA/ARS Children's Nutrition Research Center (www.bcm.edu/cnrc) at Baylor College of Medicine (www.bcm.edu) and Texas Children's Hospital (www.texaschildrens.org) are recruiting parents of 6- to 13-year-old children to complete a survey about parenting.

Researchers hope to gain insight on various child-rearing practices that would help design a new parenting questionnaire for future studies. The survey takes about 20 minutes to complete, and there will be a drawing for four \$50 local department store gift certificates from all completed U.S. entries.

Those interested in completing the survey can visit www.parenting-questionnaire.com.

For more information, contact Ester at sleddens@bcm.edu or 713-798-9313.

Waxahachie Care

Waxahachie Care is a community food pantry that helps those in need and emergency situations with food, utilities and gas, and also helps the elderly with special needs. The nonprofit agency is located at 609 Kaufman St. in Waxahachie. The hours of operation are from 9 a.m.-2 p.m. Monday-Thursday and from 9 a.m.-noon Friday. Call 972-923-2273 for information.

Free pregnancy testing

The WRC Pregnancy Center of Waxahachie offers free pregnancy tests on a regular basis.

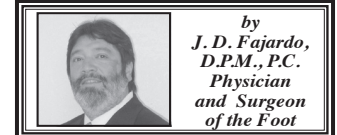
No appointment is neces-

sary.

Operating hours for the center are 4-6 p.m. Monday and 10 a.m.-2:30 p.m. Tuesday, Wednesday and Thursday.

For more information, call 972-938-7900.

To include items of interest in Community News Notes, contact Jim Perry at 469-517-1453.



FIGHTING FROSTBITE

Prolonged exposure to harsh winter conditions can cause damage to the skin and underlying tissues, or frostbite. During the cold weather months, those who work outdoors and winter sports enthusiasts are particularly vulnerable. Serious cases of frostbite have been known to lead to amputation of a limb or even death. At the very least, the sufferer can experience severe numbness and pain as the area thaws.

Warm towels and water should be used to warm the affected area at the first sign of numbness. The person should then see a doctor, who can determine if there's any tissue damage.

Poor circulation can also lead to frostbite. The elderly, smokers, caffeine drinkers and people with illnesses characterized by poor circulation, such as diabetes, hypothyroidism and arteriosclerosis (hardening of the arteries), are all prone to this type of injury. Alcohol and the use of certain drugs or medications may also put a person at risk by hindering his or her ability to recognize the warning signs.

Dressing properly is the best defense against the problems that severe weather causes. But it is important to remember that proper foot gear is just as important as a warm coat, hat and gloves.

Because extreme cold and wet clothes put exposed areas such as the feet and toes in jeopardy, well-insulated shoes and boots are a must. McGuire stressed. And socks made from acrylic keep feet dry by wicking away perspiration from inside shoes and boots.

Brought to you as a community service by
Waxahachie Foot Clinic
(Medical Plaza)
1626 W. Hwy 287 Bus, Waxahachie, TX
972-938-1368