

The Healing Perspective of a Small-Town Doctor

Dr. Beverly Waddleton was not always certain what she wanted to be when she grew up, but she knew without a doubt she would attend college. She and her brother, Donald, were the children of Quitman residents Evelyn, a beautician, and The

Her mother had always told her the story of how she wished she could have completed college, but after one year under her belt, the money ran out. With the help of an aunt, she did earn a beautician's certificate, which served her well through the years. But

she always regretted not earning the college degree she had dreamed of, and she was going to make certain her two children each obtained one. Did I mention all of this was during the early 1960s?

Beverly, like the rest of the black children in the region, was getting her education from the all-black B. Clark School. In 1965, with desegregation, she along with her other classmates were sent to Quitman Junior High School. At first she said it was quite different, and for a

few years, the black and white students were bused in separately and maintained their distances from one another. But, bit by bit, it became a friendlier place. And, in spite of many challenges, Beverly became the first black student elected as a Student Council representative, class favorite and most likely to succeed. She graduated Quitman High School as the salutarian in 1970.

After graduation, Waddleton applied for medical school but did not get accepted this first try. So, returning to Texas she found a job with Kraft Food Company as a lab quality inspector working the 2:30-11 p.m. shift. After working these odd hours for a while, she decided to pursue teaching. True to the new goal she had set for herself, she entered the academic world as a chemistry teacher at the rough-and-tumble, inner-city Dallas school of South Oak Cliff High.

For two years, she taught at the school but still had the desire to pursue medicine. It was then that she was accepted to the Texas College of Osteopathic Medicine in Fort Worth. It was 1977, and she merrily went off to school with a car and an apartment full of furniture that was paid for by her own hard work. Soon, with an arduous 25 to 30 hours of graduate classes per semester on her plate, it was pretty impossible to find time for anything other than her studies.



Dr. Beverly Waddleton considers herself blessed to practice medicine in a town that she loves and counts each moment as precious.

Rev. Joe Waddleton, a mechanic, dairyman and United Methodist minister. When her father was not perfecting his talents at one of those three professions, he dedicated his time to the local citizenry, including serving on the City Council and a three-year term as mayor.

Waddleton said, "In our house, it was understood that we would go to college. We were expected to use the abilities God gave us and do the best with it."

In the meantime, 4-H County Agent Sue Knighton (now Sue Stone)



Women of medicine, left to right, LVN Joyce Holloway, Nurse Practitioner Terry Dickey, Dr. Beverly Waddleton and Office Manager Darlene Mischnick, enjoy a moment of camaraderie in an otherwise busy day.

Because of this, she says, “At that time, there were things going on in the world that I knew nothing about.”

Finally, after an internship in Bedford, it was time to surface for air, and make it back to home sweet home.

Doctors Daniels and Merritt welcomed her to Quitman, where she specialized in family medicine with obstetrics, and later became board-certified by the American College of Osteopathic Family Physicians. Here, she says, she has found one of her biggest joys, which is the relationships she has built with local families over 25 years.

She said that in small-town practice she finds her patients can be her friends, her children’s friends and longtime friends of family members. Relationships run deep. At times, this can be difficult too, she says.

“One of the hardest things you must do is to separate yourself from the heartaches—the diseases I can’t cure, the lives I can’t save,” she said. But, she smiles again when she talks about the gift of life and is very proud of having

delivered more than 100 babies.

She is also joyful when she speaks of the man she married, Dr. John F. Johnson, who teaches anatomy and physiology and is division chair of education at Jarvis Christian College. She says she found him rather late in life, and unexpectedly, by going on a blind date.

Together, in their 23 years of marriage, they have supported one another in their careers, while adding two sons to their family. Their first-born, Travers, is attending Morehouse College in Atlanta, Georgia, where he studies English. And then there is the seventh-grader, Alston, who is attending Quitman Junior High, where he is an excellent student and involved in sports, scouting, 4-H, guitar and United Methodist Youth Fellowship.

Beyond her family, her practice and her town, there is another thing Waddleton seems almost proud of. It is a badge to which most of us would never want to lay claim. In 2000, she was diagnosed with breast cancer. This is not to say that she welcomed the dis-

ease, but after having been dealt the hand, she decided to ask God what she was supposed to do with it. In reflection, she says, “Because I had it, I could help many more people walk through it.”

She believes it has changed her perspective by strengthening her and heightening her compassion and empathy for others because she knows firsthand how treatments such as chemotherapy and surgery feel. She also believes that this challenge has and will continue to help her sons become stronger and more compassionate men. In remission now, Waddleton says she realizes every moment is precious, and like a true survivor, she tries to relay that feeling to all with whom she comes in contact.

After 22 1/2 years in private practice, Waddleton was invited to join the staff at East Texas Medical Center (ETMC), where she has now worked for almost three years. She laughs about the years with her own practice, thinking about the times she had to wrap the plumbing before a freeze or perform other chores and administrative tasks other than doctoring. She fully enjoyed running her own successful practice, and at the time, she says she never thought about all of the extra work.

But now, she embraces the association and benefits at ETMC. She still sees the same patients and revels in the small-town atmosphere, but doesn’t have to worry about any of the business aspects. She now has a professional and delightful staff, which includes Nurse Practitioner Terry Dickey, Licensed Vocational Nurse Joyce Holloway, Office Manager Darlene Mischnick and Receptionist Carol Darling.

Together, they are living the Waddleton work ethic, which is to use their own God-given talents to do all of the good they can. Together, they are making a big difference in a small town.

Waddleton, DO, FACP, practices family medicine in Quitman and, with the exception of her years living away, has been served by Wood County Electric Cooperative.

POWER MY WORLD SCHOLARSHIPS

The management and directors of Wood County Electric Cooperative (WCEC) have committed to a continuous program of contributing to the local community. And they believe there is no better way than to support youth through educational opportunities. That is why, every year, WCEC awards 10 college scholarships to high school seniors and adult learners throughout the nine-county WCEC service area.

To be eligible, students must be current members or dependents of active members of WCEC. Applicants must write a 450 to 500 word essay describing themselves and their current interests, plans and goals for the future (educational, professional, personal) and describe why they have chosen their field of study.

These essays should accompany a completed WCEC application, two letters of reference and a school certification of academic standing. All entries must be received at WCEC headquarters by April 1, 2008. Late entries will not be considered.

Once the competition closes, an independent panel of judges will read and score the submissions, with the top 10 scores each winning \$1,000 college scholarships. To enter, pick up an application at WCEC headquarters at 501 S. Main St. in Quitman, or go online and download one from www.wcec.org/community/programs.html.



HOW MUCH ENERGY DOES IT REALLY USE?

If you're trying to decide whether to invest in a more energy-efficient appliance or you'd like to determine your electricity loads, you can estimate appliance energy consumption.

You can use this formula to estimate an appliance's energy use:

$$\text{Wattage} \times \text{hours used per day} \times \text{days used per year} \div 1,000 = \text{kilowatt-hour (kWh) consumption per year}$$

For example:

Personal computer (120 watts) and monitor (150 watts):
 $(120 \text{ watts} + 150 \text{ watts}) \times 4 \text{ hours per day} \times 365 \text{ days per year} \div 1,000 = 394 \text{ kWh/year}$

Then, calculate the annual cost to run an appliance by multiplying the kWh per year by Wood County Electric Cooperative's (WCEC) rate per kWh consumed.

$$394 \text{ kWh} \times \$0.08567 \text{ (WCEC rate)} = \$33.75 \text{ per year}$$

You can usually find the wattage of appliances stamped on the bottom or back of the appliance, or on its nameplate. The wattage listed is the maximum power drawn by the appliance. Since many appliances have a range of settings, the actual amount of power consumed depends on the setting used at any one time.

Here are some examples of wattages for various household appliances:

APPLIANCE	WATTS
Clothes washer	350-500
Clothes dryer	1,800-5,000
Dishwasher	1,200-2,400
Microwave oven	750-1,100
Personal computer	
CPU—awake/asleep	120/30
Monitor—awake/asleep	150/30
Laptop	50
Refrigerator (16 cubic feet)	725
Televisions	
27-inch	113
36-inch	133
53- to 61-inch projection	170
Flat screen	120
Water heater	4,500-5,500

NOTICE OF CHANGE OF DEPOSIT POLICY

The Board of Directors of Wood County Electric Cooperative, Inc., has unanimously agreed to adopt some changes to the deposit policy, which will be effective March 1, 2008. The purpose of the deposit policy is to protect all members' interest by ensuring the cooperative will receive payment for all electricity used.

In the past, to determine new member deposit obligations, a letter of credit was required. Now, credit worthiness will be determined by using an independent credit reporting service. Those with good credit, as defined by the service, will not be

required to pay a deposit. Deposits will be required by those with less than good credit history. The deposits will be calculated based on the applicant's credit score as well as one-fifth of the estimated annual bill for the location of service.

The interest rate to be paid on all deposits, effective January 1, 2008, is 4.69 percent.

Deposit requirements shall be applied in a fair and equitable manner without regard to race, color, creed, religion, sex, age, national origin, veteran status, disability, handicap or marital status.

MAKE YOUR HOME LIGHTER—NOT YOUR WALLET

Try lighting your home differently and your wallet might get a little heavier.

Compact fluorescent light bulbs (CFLs)—the twisty ones that last up to five years—use about two-thirds less energy than incandescents. That energy savings translates into lower energy bills.

You can save \$30 over the lifetime of each CFL you use in place of a traditional incandescent bulb. CFLs may last for 6,000 or more hours before they burn out.

As a bonus, a CFL doesn't put off much heat when it burns, unlike the incandescent light bulbs you're probably using now. The result: The CFL doesn't add heat to the air in a room that you're trying to cool when it's hot outside. Less added heat means your air conditioner doesn't have to work so hard. That can save you even more.

The latest CFLs are much improved from those slow-to-turn-on, pale-white bulbs of the past. If you tried CFLs a long time ago and didn't like the color or the delay, try them again. The light and performance of the latest CFLs are

much closer to what you're used to.

It's true that CFLs cost more than incandescents—from around \$2 to \$10 per bulb compared with less than \$1 per incandescent bulb. But you'll more than make up the difference by paying lower electric bills.

WHICH CFL EQUALS MY OLD 60-WATT BULB?

Choose a compact fluorescent light bulb between 13 watts and 15 watts if you want it to light your room about as brightly as your traditional, 60-watt incandescent light bulb.

Most manufacturers include "product equivalency" numbers on the package, so you might see a label that says "soft white 60" or "60-watt replacement."

Here's a guideline for CFLs that replace incandescent bulbs of other wattages:

INCANDESCENT	CFL
40 watt	7-9 watt
60 watt	13-15 watt
75 watt	18-20 watt
100 watt	23-25 watt



Contrary to a common myth, leaving your office equipment running won't save energy.

ENERGY USE: MYTH AND FACT

As electricity costs continue to rise, we're all looking for ways to reduce energy use. Although there are a lot of good ideas out there, there are also a lot of misconceptions about what is really effective. Here is one of the most common myths and the facts to set you on the right path.

MYTH: Computers, monitors and other office equipment will use less energy and last longer if they are left running all of the time.

FACT: Turning equipment off overnight does not shorten its life, and the small surge of power that occurs when some devices are turned on is much smaller than the energy used by running equipment when it is not needed. In fact, leaving computers and other office equipment on overnight and on weekends wastes significant amounts of energy and also adds to the wear and tear on the equipment.

In general, turn off equipment you are not using or make sure that energy-saving features are enabled. Some office equipment, including printers and scanners, features small transformers that use energy even when the equipment is turned off. Plug all such devices into a power strip so they can be shut down completely with one flick of the switch.

TEST YOUR POWER LINE SAFETY KNOWLEDGE

TRUE OR FALSE? Power lines are insulated for contact.

False. While power lines may have a covering to protect against weather, they are not insulated for contact. Birds can sit on power lines unhurt because they don't represent a path to the ground. You and your ladder do.

TRUE OR FALSE? I should keep myself and any equipment I'm using at least 10 feet away from any power lines.

True. You don't need to contact a power line to be in danger; electricity can jump, or arc, from a

power line to a worker who gets too close. The best insulator is lots of space. You should keep yourself and any equipment you're using a minimum of 10 feet away from power lines, but far greater distances are recommended.



TRUE OR FALSE? I can be electrocuted by a power line even if I am wearing gloves and rubber boots.

True. Work gloves and rubber boots offer no protection against contact with a power line. Once again, space, and lots of it, is the best insulator.