



FOR THE 12TH ANNUAL TURKEY TROT 5K, event organizers decided to add a new area for judging: best team costume! For this year's Turkey Trot, set for Saturday, Oct. 12, at 8 a.m. at Bfit Cuero Wellness Center, individuals as well as teams can register. Teams are encouraged to come up with a team name and theme for their costume or outfit, as well as register their group in advance. Individuals and groups/teams can register in advance at Bfit Cuero Wellness Center or online at active.com.

"We have noted several groups of co-workers or families that would participate each year, usually wearing similar colors or matching T-shirts," says Tami Brzozowski, Cuero Wellness Center manager and race organizer. "We hope that this effort to add more teams will encourage a fun, community wellness activity, as well as some friendly competition! I can't wait to see some of the team costumes!"

This year's race will once again support The Boys and Girls Club of DeWitt County. Register online at active.com or in person at Cuero Wellness Center. Registration fees are \$25 before Oct. 1 and \$30 after that date. Registration the day of the race starts at 7 a.m.

The course takes runners and walkers through historic Cuero. The top three finishers in each age group will receive medals and prize packs. Winners will be announced following the race.

Race participants can stay to watch Ruby Begonia take on Paycheck in the second leg of the Great Gobbler Gallop and to enjoy other fun events happening during Cuero Turkeyfest.

Age divisions for the race are 0-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+.

Sponsorships are available to area individuals or businesses, and they are also encouraged to enter teams to compete in the fun. For more information, contact race director Tami Brzozowski at tamib@cuerohospital.org or call **361-275-9355**. You can also visit the Turkey Trot 5K race page at active.com. Just search for "Turkey Trot 5K Cuero."



Home again in Texas

New family medicine/OB physician is Inez native



Cody Walthall, MD

Cody Walthall, MD, grew up on a ranch and farm near Inez. His family raised horses, cattle and goats and grew hay. There was work to do every day.

"I was one of those kids who got up on the weekend at 7 o'clock with no alarm," Dr. Walthall recalls.

As a youth, Dr. Walthall thought about becoming a veterinarian. Like many ranching families, his often doctored their own animals, which sparked his love of science. But after working briefly as a physical therapy technician, he realized that he wanted to be a medical doctor, the first in his family.

Now he's Cuero Regional Hospital's new FPOB—short for family practice doctor with obstetrics training. He sees patients at the Parkside Clinic.

Extensive training

As an FPOB, Dr. Walthall provides primary care for people of all ages and delivers babies. (He actually delivered two of his own children.)

"I love being able to deliver a baby, and then the baby is also my patient," he says.

Dr. Walthall also has extensive training in emergency medicine and endoscopy procedures, including colonoscopies.

He believes in helping patients improve their health and well-being through education, lifestyle changes and judicious use of medicines.

Returning to his rural Texas roots

After finishing his residency training in Fort Smith, Arkansas, Dr. Walthall and his wife, Sarah, moved their family to Cuero. They were high school sweethearts in Victoria who met in chemistry class.

"We had great chemistry together," he jokes.

They wanted to be closer to family and to raise their three young sons, Connor, Scott and Collin, in a small community.

When he's not seeing patients, Dr. Walthall can often be found with Sarah and the kids.

"I definitely love hanging out with the family," he says.

His other interests include hunting, fishing and carpentry. He would like to own a small ranch someday.