

DEDICATED TO THE PROMOTION OF TOWNS COUNTY OPINIONS & COMMENTARY



"...Must be from the Deal campaign!"

Extension Tips by Robert Brewer

Beef Up Bones, Know Osteoporosis Risks
We learn as children that milk builds strong teeth and bones. But we need to be aware that things can tear down our bones, too.

Two new, similar studies examined medications that can influence bone mineral density. BMD is a measure of bone strength and bone mineral content. Low BMD puts both men and women at risk for osteoporosis-related fractures.

Healthy BMD depends on many factors, including adequate calcium and vitamin D intake and regular exercise. Bone loss, or low BMD, can be caused by not getting enough calcium and vitamin D, as well as by smoking, inactivity, genetics and certain medications.

Oral corticosteroids (like prednisone, cortisone or dexamethasone) can cause bone loss if taken regularly. Other medicines, such as anti-seizure drugs, very high-dose thyroid drugs or drugs that lower testosterone levels, can also cause bone loss.

One study compared two groups of women who had asthma. One group used inhaled corticosteroids, commonly known as steroids, to control asthma symptoms. The other group didn't use steroids.

All of the women had their BMD measured over three years. Women who had used inhaled steroids had more bone loss in their hips and upper thigh bones than women who didn't use steroids at all.

The women who inhaled more than eight puffs daily had even more bone loss than those who inhaled only four to eight puffs. The more inhaled steroid used, the greater the bone loss.

While this study makes inhaled steroids sound harmful, people with asthma shouldn't stop using them.

If you have asthma, work with your doctor to control your asthma symptoms with the lowest steroid doses possible or with non-steroidal

asthma medications. Also, talk to your doctor about BMD testing and how to protect your bones.

The second study looked at preventing or slowing bone loss in men treated for prostate cancer. These patients are often treated with drugs that decrease levels of testosterone (male hormones). Bone loss is a common side effect. This drug-induced bone loss can cause osteoporosis and increase fracture risk in men.

All of the men in the study were treated with a testosterone-lowering drug. Half were also treated with a drug that works to slow bone loss. The other half didn't get the second treatment.

Men treated with the testosterone-lowering drug alone lost bone in their spine, hip and thighbones. Men both treated with the bone-saving drug and testosterone-lowering drug had no bone loss.

About 200,000 men will be diagnosed with prostate cancer this year. If you are diagnosed with prostate cancer, discuss treatment options and side effects with your doctor. If you're taking testosterone-lowering drugs, discuss how to slow bone loss and if you need BMD testing.

Both studies bring to light the unseen and harmful effects some drugs can have on bones. It's very important for people taking drugs than can cause bone loss to consume adequate amounts of calcium and vitamin D. Adult men and women need 1,000 milligrams of calcium and 200 international units of vitamin D daily.

Adults over 50 need 1,200 mg calcium and 400 to 600 IU vitamin D daily. This is easily supplied by three or more serving of milk daily. However, you may also need to take calcium and vitamin D supplements to protect bones from the medication side effects.

We all need to get as much physical activity as possible, especially weight-bearing exercises like walking, dancing or gardening, to keep bones strong. It's important to avoid things that weaken bones, like smoking and heavy drinking.

If you have any of these risk factors, ask your doctor if you need medications that prevent bone loss.

Lions ask for your support during White Cane Days

2010 White Cane Days Proclamation

TOGETHER, WE CAN MAKE A VISIBLE DIFFERENCE

WHEREAS... The Georgia Lions Lighthouse Foundation, Inc. has been dedicated to saving sight of impoverished Georgians since 1949

WHEREAS... The Towns County Lions Club performs an outstanding service to the needy in our community through its support of the Georgia Lions Lighthouse Foundation, Inc.,

WHEREAS... The red-tipped white cane is used by persons who are visually impaired,

WHEREAS... This cane is symbolic of the mission of the Lions Lighthouse to save sight,

WHEREAS... The Towns County Lions Club participates in "White Cane Days", an official fund-raiser of The Georgia Lions Lighthouse Foundation, Inc.,

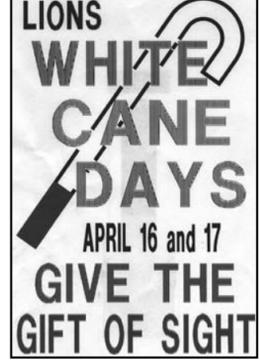
WHEREAS... The Towns County Lions Club invites citizens of Towns County to share in saving sight by giving to White Cane Days,

WHEREAS... The Towns County Lions Club provides all volunteers and leadership

NOW, Bill Kendall, Commissioner of Towns County, now proclaim April 16 and April 17 to be LIONS WHITE CANE DAYS.

AND I ALSO... Invite our citizens to give generously to White Cane Days. Join me in sharing the Lions concern for the best sight possible for our neighbors in need. **Together, WE CAN MAKE A VISIBLE DIFFERENCE!**

Signed: *Bill Kendall*
Date: 3-16-10

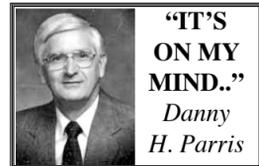


It's White Cane Time!! The Towns County Lions Club wants to make a difference and believes that members of our community feel the same. Towns County Lions will be collecting money at intersections and businesses throughout the county on Friday, April 16 and Saturday, April 17 for its annual White Cane Days fund-raiser. This is the only time the Lions Clubs ask for public donations. Please give generously as all money received through this fund-raiser will go to the Georgia Lions Lighthouse Foundation. None of this money is used for administrative or advertising purposes. The Lighthouse Foundation provides vision and hearing care to Georgians in financial need. For each dollar spent on eye surgeries, the Lighthouse receives approximately \$4 in discounted and donated services from caring doctors, opticians and other vision professionals who also want to make a difference. Last year, over \$2.6 million in surgeries and hospital

GUEST COLUMNS

From time to time, people in the community have a grand slant on an issue that would make a great guest editorial. Those who feel they have an issue of great importance should call our editor and talk with him about the idea. Others have a strong opinion after reading one of the many columns that appear throughout the paper. If so, please write. Please remember that publication of submitted editorials is not guaranteed.

LETTERS TO THE EDITOR SHOULD BE EMAILED OR MAILED TO: Towns County Herald, Letter to the Editor, PO Box 365, Hiawassee, GA 30546. Our email address: tcherald@brmcmc.net. Letters should be limited to 200 words or less, signed, dated and include a phone number for verification purposes. This paper reserves the right to edit letters to conform with Editorial page policy or refuse to print letters deemed pointless, potentially defamatory or in poor taste. Letters should address issues of general interest, such as politics, the community, environment, school issues, etc. Letters opposing the views of previous comments are welcomed; however, letters cannot be directed at, nor name or ridicule previous writers. Letters that recognize good deeds of others will be considered for publication.* *Note: All letters must be signed, and contain the first and last name and phone number for verification.*



"IT'S ON MY MIND."
Danny H. Parris

Doors, Locks, Keys and Easter

Doors, locks and keys have always been a fascination to me. Over the years I have acquired a collection of hundreds of antique car keys, house keys, clock keys, trunk keys, luggage keys, etc. Since doors, locks and keys go together I have obtained a few antique doors and locks. I don't know why. The locks and keys don't match and they aren't valuable. The keys don't fit any treasure chests or unlock any palaces and you can't use the locks without keys, or at least you shouldn't. If you do you aren't very smart. I did hear about a fellow who pulled into a service station, filled up his gas tank, paid for the gas and left. After driving several miles he remembered he had placed his gas cap on top of the car. He stopped and as he suspected his gas cap was long gone. Being an optimist he started walking along the roadside knowing that other folks had done the same thing. He felt sure he could find a gas cap that would fit his car. Sure enough, in just a short distance he found one and it was a perfect fit and went into place with a satisfying click. He thought "you know things always work out." In fact, he thought, "this one is even better than the one I lost because it locks." Doors, locks and keys have a way of humbling you. My wife and I thought we would never tell anyone this story because we were so embarrassed by our thoughtlessness. But a few weeks ago we were visiting our son-in-law and daughter at their vacation home. They

left on Sunday and we stayed until Wednesday. We had keys to the house, garage door openers, etc. But wouldn't you believe that we went downstairs to the garage area, left the keys upstairs with what we thought were locked doors and locked the door to the stairs behind us. Here we were locked out of the upstairs. We could open the garage doors to the outside but couldn't get in any of the outside doors upstairs, so we thought. First, I tried to "jimmy" the lock to the stairs without success. We even thought of one of us getting into the dumbwaiter and the other sending it up. We decided neither of us would fit in that dumbwaiter, or worse, even if we could we might get stuck half-way up. Finally, I decided to go out on the patio from the garage and try the backdoor upstairs. To my great surprise the door was unlocked and the panic left me. To be locked out, locked up or sometimes locked in can be frightening. Do you know Easter is about being locked up, locked out and locked in? Because of our choice to sin, sin locked us up to eternal death. God loving us and knowing our helplessness sent His only Son, Jesus, who locked horns with the devil and was crucified on a cruel cross, locked inside a tomb with a rock but arose on the third day in order to unlock our tomb of death. He gave His all: lock, stock and barrel to unlock our prison door of sin. I don't understand it all but I have experienced Jesus as the key that unlocks the love, grace and mercy of God. At the same time He is the door to heaven and the way to God. He is also the lock. He has put us under lock and key, locking us in a binding agreement as sons of God forever (1 John 1:12). Have you tried God's door? Don't panic its unlocked (John 10:9).



Community Calendar

Towns County Water Board Meeting 3rd Monday of each month at 7 p.m. in the TC Water Office Building.

Mountain Community Seniors meet the second Thursday of each month at the Senior Center in Hiawassee at 2 p.m.

Towns County Democratic Party meets the 2nd Thursday of every month. Please call Kim Bailey at 706-994-2727 or 706-896-6747 for details.

Towns County Republican Party meets the 1st Tuesday of each month from 5 p.m.-6 p.m. Dinner at Daniels Steak House, 6:30 p.m. - 7:30 p.m. meeting, 896-7281.

Towns County Planning Commission is held the 2nd Monday of each month at 7 p.m. in the Courthouse.

Towns County Commissioners meeting is the 3rd Thursday at 5:30 p.m. in the courthouse.

School Board Meeting, 2nd Monday each month at 7 p.m. in the auditorium.

Hiawassee City Council 1st Tuesday of month 4 p.m., at City Hall.

Young Harris City Council, 1st Tuesday of month at 7 p.m., Young Harris City Hall.

The Hiwassee River Valley Kennel Club meetings are held at 7 p.m. the 1st Monday of each month at Brother's Restaurant on Hwy 64 in Murphy, NC. Call President Kit Miracle: 706-492-5253 or Peggy Moorman: 828-835-1082.

The Unicorn Masonic Lodge #259 meets on the 2nd Monday of the month at 7:30 p.m.

Stephens Lodge #414 F & AM meets the 1st Thursday of each month at 7:30 PM in Young Harris.

Board of Voter Registrars meets

the 3rd Wednesday of the month at 4:30 p.m., Courthouse.

Towns County Board of Elections holds its monthly meetings on the 2nd Wednesday of each month at 4 p.m. at the Elections Office (Old Rock Jail).

Towns County Historical Society meets the 2nd Monday of each month at the Senior Center in Hiawassee at 5 p.m. Annual dues \$15, PO Box 1182, Hiawassee, GA 706-896-1060, www.townshistory.org

Bridge Players intermediate level meets at 12:45 p.m. on Mondays & Fridays at the Towns County Health Dept. Call Eden at 706-896-6921.

Mountain Regional Arts and Crafts Guild, Inc (MRACG) meets the 2nd Tuesday of each month at ArtWorks Artisan Centre, located at 308 Big Sky Drive (behind the Holiday Inn), Hiawassee. Refreshments at 6 p.m. & the meeting begins at 6:30 p.m. Contact us by calling 706-896-0932, mtnregarts-craftsguild@hotmail.com.

VFW Post #7807 Fish Fry will be 2nd and 4th Friday of the month, 4:30-7 p.m., \$9 a plate, all you can eat.

Mountain Computer User Group meets the 2nd Monday of each month at the Goolsby Center at YHC. Q & A at 6 p.m., meeting at 7 p.m.

FPL Retirees Breakfast will meet the 2nd Tuesday of each month at the Hole in the Wall Restaurant on the square in Blairsville at 9 a.m.

Chattahoochee-Nantahala Chapter, Trout Unlimited meets 2nd Thursday of each month at Cadence Bank in Blairsville. 5 p.m. Fly Tyng - 7 p.m. General Meeting.

Everyone welcome. www.ngatu692.com.

Military Officers Association of America (MOAA) meets the 3rd Monday of each month at various area restaurants. For information call John Quinlan at 706-896-2430 or visit www.moaa.org/chapter/blueridge-mountains.

Alcoholics Anonymous: 24 hour phone line 828-837-4440.

Mothers of Preschoolers meets on the third Thursday of each month at First Baptist Church of Blairsville from 6 - 8 p.m. Call the church office at 706-745-2469 for more information.

Chatuge Regional Hospital Auxiliary on the 3rd Monday of each month, except the months of July, October and December, in the hospital cafeteria at 1:30 p.m.

Old Fashioned Square Dance Lessons each Mon. in Hiawassee, GA, 6 p.m. at the Senior Center (2 blocks south of the town square, beside the Courthouse) Hiawassee, GA 706-896-1060

Mountain Magic Table Tennis Club meets 6 p.m. Thursdays at Pine Log Baptist Church Fellowship Hall in Brasstown. Ping Pong players welcome. Call Lee (828) 389-0924.

Mended Hearts Support Group meets the 2nd Monday of each month at Chatuge Regional Hospital Cafeteria from 5:30-7 PM. For information contact 706-994-6988.

We do Family Oral History of all of our residents. If you have not had your family history recorded ad would like to do so, Please call the Towns County Historical Society at 706-896-1060.

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NEED TO ADVERTISE?**
Contact the
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706-896-4454

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