

Tips From Sally Garrett

County Extension Agent

Tips For Helping Deal With Osteoporosis

Osteoporosis is a disease that weakens bones to the point where they break easily, says Sally Garrett, County Extension Agent - Family & Consumer Sciences. Because there are no real outward symptoms of osteoporosis, you may not notice any changes until a bone breaks; but, your bones have been losing

strength for many years. Andrew B. Crocker, Extension Program Specialist - Gerontology Health says that millions of Americans have osteoporosis. They are mostly women, Caucasian and Asian women more so than others, but more than two million men also have this disease. The risk of osteoporosis

grows as you get older for both men and women.

Bone is living tissue. To keep bones strong, your body is always breaking down old bone and replacing it with new bone tissue. As people enter their forties and fifties, more bone is broken down than is replaced. A close look at the inside of bone shows something like a honeycomb. When you have osteoporosis, the spaces in this honeycomb grow larger. And the bone that forms the honeycomb gets smaller. The outer shell of your bones also gets thinner. All this loss makes your bones weaker.

A couple of other terms you may hear when discussing osteoporosis are osteopenia and osteomalacia, states Crocker. Osteopenia is a decrease in bone tissue, regardless of the cause. Osteomalacia is softening of the bones so that they become flexible and brittle.

Regarding diagnosis, the first sign of osteoporosis may be to realize you are getting shorter or to break a bone easily. Following a comprehensive medical assessment, your health provider may recommend that you have your bone mass measured. A bone mineral density (BMD) test is the best way to determine your bone health. BMD tests can identify osteoporosis, determine your risk for fractures and measure your response to osteoporosis treatment. The most widely recognized bone mineral density test is called a dual-energy x-ray absorptiometry scan or DEXA-scan.

It is a painless procedure that is a bit like having an x-ray.

For persons with coverage under Medicare Part "B" - the optional outpatient health coverage - bone mass measurement tests are covered once every 24 months, says Crocker. If your health provider determines that you are at high risk or that it is medically necessary, Medicare may pay for screenings more often.

There are things you should do at any age to prevent weakened bones:

- * Calcium. Getting enough calcium all through your life helps to build and keep strong bones. Foods that are high in calcium are the best source: low-fat dairy foods, dark green leafy vegetables and calcium-fortified foods like orange juice, breads and cereals. If you think you are not getting enough calcium in your diet, check with your health provider. He or she may tell you to try a calcium supplement. You have to be careful though - too much calcium can cause problems for some people.

- * Vitamin D. Your body uses vitamin D to absorb calcium. Most people's bodies are able to make enough vitamin D if they

are out in the sun for a total of 20 minutes every day. You can also get vitamin D from eggs, fatty fish and cereal and milk fortified with vitamin D. If you think you are not getting enough vitamin D, check with your health provider.

As with calcium, be careful, too much Vitamin D may cause harmful side-effects.

- * Exercise. Your bones and muscles will be stronger if you are physically active. Weight-bearing exercises, done three to four times a week, are best for preventing osteoporosis. Walking, jogging, playing tennis and dancing are examples of weight-bearing exercises. Try some strengthening and balance exercises, too. They may help you avoid falls, which could cause a broken bone.

- * Medicines. Some common medicines can make bones weaker. These include some types of steroid drugs, some anti-seizure drugs, certain sleeping pills and some cancer drugs, among others. An overactive thyroid gland or using too much thyroid hormone for an underactive thyroid can also be a problem. If you are taking any of these medicines, talk to your health provider about what you can do to help protect your bones.

- * Lifestyle. Smoking increases loss of bone mass. For this and many other health reasons, stop smoking. Also, limit how much alcohol you drink - too much alcohol can put you at risk for falling and breaking a bone.

Treating osteoporosis means stopping the bone loss and rebuilding bone to prevent breaks. Diet and exercise can help make your bones stronger but they may not be enough if you have lost a lot of bone density.

There are several medications, which you may take to help lessen your risk of developing osteoporosis or lessen its effects. Some will slow your bone loss, and others can help rebuild bone. Talk with your health provider to see if one of these types of medicine might work for you.

Preventing falls is a special concern for men and women with osteoporosis. Falls can increase the likelihood of fracturing a bone in the hip, wrist, spine or other part of the skeleton.

For more information on osteoporosis, contact the Texas Cooperative Extension Office of

Obituaries

Seferina Delgado

Seferina (Silva) Delgado, 82, of Beasley, passed away Wednesday, August 2 in her home.

She was born on April 21, 1924 in Weimar, the daughter of Abelardo and Benigna (Molina) Silva.

Seferina was a long time resident of Beasley.

She married Jesus Delgado on October 9, 1940 in Rosenberg. He preceded her in death on December 22, 1992.

Seferina worked as a homemaker and also had the hardest job of all, Mother. She was a member of Our Lady of Mt. Carmel Catholic Church in Wharton.

Seferina enjoyed cooking, quilting, growing flowers, working in her vegetable garden, and her new past time, Bingo.

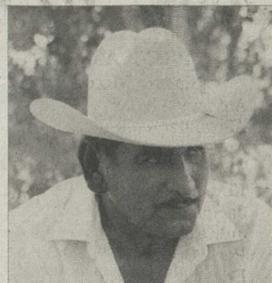
Rosary services were held Friday evening at the Wharton Funeral Home.

Funeral mass was held at 10 a.m. Saturday, August 5, at Mt. Carmel Catholic Church with Father Raymond Jackson officiating. Interment followed in the Lakeside Latin Cemetery in Eagle Lake.

Survivors include her daughters, Margarita Delgado, Juanita Montalbo and Maria Guadalupe Delgado, all of Beasley, Maria Del Carmen Luna and husband, Pedro, and Cecilia Delgado both of Wharton; sons, Antonio Delgado and Jose Luis Delgado and wife, Daisy, all of Wharton, Augustine Delgado and wife, Elicia, Simon Delgado, Raymond Delgado, Juan Delgado and wife, Pricilla, Vicente Delgado, Jesus Delgado, and Pedro Delgado and wife, Angelita, all of Beasley, Jose Daniel Delgado and wife, Anita, of Wallis; sisters, Mary Silva, Margarita Martinez and husband, Francisco, Carol Pickens, Guadalupe Mendez, Adella Carranza and Candelaria Carranza; brother, Candelario Silva; 39 grandchildren, 36 great grandchildren and 2 great-great grandchildren.

Memorials may be made to the American Cancer Society, 204 Second St., Wharton, Tx 77488 or American Heart Association, P.O. Box 15186, Austin, Tx 78761.

Sympathy is extended to the family in their loss.



Steve Garcia, Sr.

Steve Garcia, Sr., 77, of Garwood passed away July 29.

He was born on August 3, 1928 in Glen Flora to Hilario and Juanita Zavala Garcia.

Steve retired from Garwood Implement after 21 years, and was of Catholic faith.

He was preceded in death by his parents; brother, Polo Martinez; and a son, Felix Garcia.

Survivors include his wife, Gloria Perez Garcia of Garwood; sons, Steve Garcia, Jr. of Lockhart, Alfred Garcia of Houston, Daniel Garcia and Larry Garcia both of El Campo, and Greg Garcia of Lockhart; daughters, Deloris Hernandez of Palacios, Rosie Calvo of Antioch, Tennessee, Julie Segovia Magnolia, Frances Villarreal, Lucille Rosa, Alice Perez, Mary Jane Perez and Hopie Garcia, all of Houston, and Stephanie Garcia of Garwood; step-daughter, Doris Cadriel of El Campo; sister, Justina Sanchez of Houston; 49 grandchildren; 14 great-grandchildren.

Visitation was held at 11 a.m. Tuesday, August 1, at Triska Funeral Home. A Rosary was recited at 7 p.m. at the funeral home.

Funeral Mass was held at 10 a.m. Wednesday, August 2, at St. Mary's Catholic Church in Nada with Rev. Joe Vrana officiating. Interment followed at Glen Flora Cemetery under the direction of Triska Funeral Home.

Pallbearers were Wesley Cadriel, Miguel Segovia, Jr., Juan Benito Calvo, Duane Hernandez, Marcus Hernandez and Christopher Garcia.

Honorary pallbearers were Tino Casarez, Dave Guthrie, Albert Perez and Ascencion Rodriguez.

Memorial donations may be made to Garwood Volunteer Fire Department or Hospice Support Inc.

Sympathy is extended to the family in their loss.

Alpha
A PRACTICAL INTRODUCTION TO THE CHRISTIAN FAITH

Alpha Course Dinner, August 27

Come to learn about ALPHA on Sunday, August 27, at The United Methodist Church of Eagle Lake, 5:30 p.m. in the Fellowship Hall. ALPHA is an 11-week course on the Christian faith for those investigating Christianity, new Christians, church newcomers, those brushing up on the basics or learning to put their faith into words. Each ALPHA evening begins with an informal dinner followed by topical videos and small group discussions. Call the church office at 979-234-3288 to sign up.

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What To Do About Hiccups

Hiccups can be quite the inconvenience, and oftentimes even painful. After a spasm of the diaphragm (the muscle at the base of the lungs) occurs, the vocal cords rapidly close, causing a distinct sound known as the hiccup. While hiccups may occur for no apparent reason, some causes include reaction to harmful fumes, hot and spicy foods or liquids, and pneumonia, which irritate the nerves that control the diaphragm. In newborns and infants, hiccups commonly occur and are normal. Usually they will disappear after several minutes, however rarely may persist for days, weeks, or months.

Unfortunately, there is no definite cure for hiccups. The *National Library of Medicine* recommends breathing repeatedly into a paper bag, drinking a glass of cold water, holding your breath, or eating a teaspoon of sugar. The sugar may be taken 3 times at two-minute intervals if the first try is unsuccessful. Other methods to try at home include becoming frightened or using smelling salts. If hiccups persist for a few days and medical attention is required, your doctor may use medications to control the hiccups. *Chlorpromazine* (Thorazine) is usually the first medication to be used. *Baclofen* (Lioresal) and *phenytoin* (Dilantin) have also been used successfully. Surgery is a last resort alternative to medications.

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Eagle Lake Headlight

Attend the Church of Your Choice...

EQUIPERS OUTREACH FELLOWSHIP INTERNATIONAL: 200 N. College, Weimar, Texas 78962; 979-725-8233; Pastor Jerry Adkins.
GREATER RISING STAR BAPTIST CHURCH: 580 Old Altair Road, Eagle Lake; Rev. Truman Scott Sr., Pastor; 234-2423 or 758-3745.
GREATER UNION BAPTIST CHURCH: Matthews Community, Co. Rd. 141; Rev. Lawrence C. Robertson, Pastor; 234-2581.
MT. CARMEL MISSIONARY BAPTIST CHURCH: Hwy. 90-A (Pecan Valley), Eagle Lake; Rev. H.O. Williams, Pastor; 234-5813.
LIVING HOPE CHURCH: Eagle Lake, Revs. Joe and Mercy Fling; 234-5536.
BEREA CLADIC: 623 Maple Avenue, Eagle Lake; 234-2130.
ROCK ISLAND FULL GOSPEL: P.O. Box 232, Rock Island; 234-5840.
CHRISTIAN CITY FELLOWSHIP: 1140 Meyer, Sealy; Rusty Griffin, Pastor.
THE DAY OF PENTECOST APOSTOLISTIC REVIVAL RISING STAR: FM 102 South, Matthews; 4 p.m. (at Mt. Zion), Rev. R.L. Carter Sr.
GREATER NEW FAITH CHURCH: 6406 Guylar, Wallis; Rev. Clay Spears, Pastor; 979-478-2169.
EAST BERNARD FIRST BAPTIST
FIRST BAPTIST: 527 N. Lake, Eagle Lake; Rev. Chris Thacker, Pastor; 234-2571.
FRIENDSHIP BAPTIST: 405 S. Lake, Eagle Lake; 234-5795.
IGLESIA BAUTISTA GETSEMANI: 901 B Street, Eagle Lake; Rev. Mario Vasquez.
GREATER MT. OLIVE BAPTIST: Rev. Thomas Kuykendall; 705 Lake, Eagle Lake; 234-3545.
WRIGHT GROVE BAPTIST: Rev. T.J. Cunningham Jr.; Altair.
PROVIDENCE BAPTIST: 1207 Seaholm, Eagle Lake; Rev. Coby Shorter Jr.; 234-3735.
CHRIST EPISCOPAL CHURCH: 306 E. Stockbridge, Eagle Lake; 234-3437.
ROCK ISLAND BAPTIST: Bob Allison, Pastor.
SHERIDAN FIRST BAPTIST: FM 2437; Rev. Jim Dunn, Pastor; 234-3136.
WHITE CLOUD BAPTIST CHURCH: 202 Old Altair Road, Eagle Lake; Rev. Obie Rhodes, Pastor; 234-3800.
CHURCH OF CHRIST: Sheridan.

NEW LIFE FELLOWSHIP: Hwy. 90A, Sheridan; Del Sanford, Pastor; 234-3276.
CHRIST OUR REDEEMER-Charismatic: Jerry C. McKinney, Pastor; 979-478-7534 or 478-6512.
HOLY CROSS CATHOLIC CHURCH: East Bernard.
CATHOLIC PARISH OF THE NATIVITY: Our Lady of Perpetual Help Sanctuary: 308 N. Stevenson, Eagle Lake; 8 a.m. (Español), 10 a.m. (English) 6 p.m. Saturday (English), Rev. Robert F. Guerra, P.O. Box 307; 234-2842.
ST. MARY'S CATHOLIC CHURCH: Box 97, Nada; Rev. Joseph Koebel; 758-3218.
GRACE LUTHERAN: 408 N. Stevenson, Eagle Lake; Services begin at 10 a.m.; Rev. Clements Richard, Pastor; 234-3381.
LEHRER MEMORIAL UNITED METHODIST: Garwood; 9 a.m. worship.
LISSIE UNITED METHODIST: J. L. Craft, Pastor; 234-2112, Lissie.
ROCK ISLAND METHODIST: Ken Sells Jr. Lay-Pastor.
UNITED METHODIST: 200 W. Prairie; Sunday School 9:30 a.m., Worship, 10:45 a.m.
FIRST PRESBYTERIAN: 106 E. State Street, Eagle Lake; 234-3368.
VINE OF THE LORD: 1300 E. State Street, Eagle Lake; Rev. Paul Aguilar, Pastor; 234-7543.
CrossRoad ASSEMBLY OF GOD: 510 Wallace, East Bernard; Pastor George Kutach; 979-335-7706.
THE CHURCH OF CHRIST OF LATTER-DAY SAINTS: 600 W. St., Sealy; Marshall Crosby, Branch Pres.
CHURCH OF CHRIST: 815 Milam, Columbus; Lynn Wilson, Minister.
THE SHEPHERD'S WAY: Interdenomination Christian Fellowship; 1225 Eagle Lake Road, Sealy, Frank Lucas, Pastor; 979-885-1225.
SOUTH POINT BAPTIST CHURCH: 6407 Hwy 71-S, Garwood; 979-758-3039; Pastor Dave Curry.
ASEMBLEA DE DIOS HOSANNA: 403 East Main, Eagle Lake; 979-732-1966; Pastor Romero Rodriguez Jr.
BIBLE TRUTH APOSTOLIC CHURCH: Corner of S. Wharton & E. First St., El Campo; Pastor Larry T. Smith, 979-543-2331.

Bible Verse of The Week

"I lift up my eyes to the hills, from where does my help come? My help comes from the Lord, who made heaven and earth."
-Psalms 121:1, 2
Submitted by Neddy Phillips

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Gadabouts Give Scholarship

By Catherine Berger, Club Secretary

The Nada/Garwood Gadabouts met July 20 at 2:30 p.m. at the Garwood Fire Station. Opening ceremonies were led by Vice-President Minnie Conner. President Anita Meisner welcomed the 12 members present. She also announced that the recipient of the \$100 scholarship given by the Gadabouts to a deserving senior was Bernadette (BJ) Jurica, who was very appreciative of the scholarship.

Catherine Berger read the minutes of the last meeting and they were approved as read.

Anita, in the absence of Treasurer Helen Noteboom, gave the treasurer's report.

Hospitality Committee: Anita sent get-well cards to Julie and Ludwig Zbranek, Betty Janish, Rudy Till, Clint Wishert, Henrietta

Wesselski and Mabel Beard.

Sympathy cards were sent to Joe and Irene Seifert, Jollie Manis and Viola Kaluza.

Birthday cards were sent Catherine Berger, Lucille Till, and Janie Kristynik.

Unfinished Business: The veteran's luncheon was deemed a success. Veterans of Foreign Wars Eagle Lake #8783 Commander Len Matula had distributed some leaflets entitled "Our Flag" at the luncheon, and Anita had some for members who had not received one at that time.

New Business: A "Big Thank You" to Farmers Cooperative, Inc. and Gay Stephens for their generous donation for the new "Welcome to Garwood" sign, to be placed at the south side of Garwood.

Construction is under way just north of Vox Populi on Hwy. 71

where Alfred and Jeralyn Prihoda are having a statue of Christ and a Sacred Heart Grotto erected. At the completion of the beautiful work, it will be dedicated to all veterans.

Anita is our only July birthday celebrant and the group sang "Happy Birthday" to her.

Program: Anita gave a very informative program on swimming safety, entitled "Splashing, Wading and Paddling".

Members contributed 231 volunteer hours for July, 270 miles and \$470.30 in monetary contributions.

There being no further business, the meeting was adjourned to meet Aug. 17 at 2:30 p.m. in the home of Jeralyn Prihoda. A special treat will be the viewing of their collection of mementoes from their numerous trips abroad and state side.

Refreshments of chicken salad, brownies, poppy seed roll, cookies, yogurt pretzels and soft drinks were furnished by Anita, Catherine, Jeralyn, Pauline, Janie and Minnie Lee.

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