

Kiwanis Chit Chat

Kiwanis Club of Athens Tennessee

Volume 08-09

Issue 5

February 6th, 2009

PO Box 614 Athens Tn 37371

What Did I Miss?

- On Jan 2nd our program chair was Joe Riley and we heard about changes that are occurring at Woods Memorial Hospital.
- On Jan 9th our program chair was Carter Runyan and we heard from Stephanie Linkous about the McMinn County United Way and their programs
- On Jan 16th our program was Wayne Scarbrough and we heard about the new Fertilizer that AUB had begun to produce. Athenagro is now available at the AUB office.
- On Jan 23rd our program was Jerry Smith and his guests were John Forgety and auctioneer Ronnie Colyer and we learned to speak like an auctioneer, we also had an auction and raised some money for Pancake Day
- On Jan 30th our Program was Paul Smith and his guests were Rep. Mike Bell and Sen. Dwayne Bunch and we heard about funding for pre K schools.

Challenge your heart

Well it's that time of year again. Love is in the air and every where you look you see bright red hearts. So in this little article let's see how strong your heart is. How would you feel if your kids were kidnapped? In a little town a small group began a project how to keep children safe. They started a program called Child Safety Days; this program has now grown to fingerprint over 10,000 since its start. Think about how many children are safe due to their efforts. Image this, Its Thanksgiving Day you wake up, knowing that every other family is having a good meal with their family. You walk in to the kitchen and realize that soon your children will wake up and have nothing to eat. Suddenly there is a knock on the door, when you open the door, there sets a basket filled with food for your family. Let's try another test of your heart. You have to send your child off to school, he looks up at you and asks Mommy where is my snack? Sadly you have to tell him that you just can not afford a snack today. After school your child returns home with a backpack filled with snacks, when you ask where he got it he answers, some nice people gave it to me, you should be worried, but the only thing you can think of is my child had something to eat today. Ready for your next test? Your daughter has been in a bad relationship, no one can help her, she has no where to go? Instead of staying on the street she finds a woman's shelter. She arrived at just the right time; a room had just been built by some one who cared. How about this? Your favorite pet is sick, you take it to the vet, it has always been their for you, but you have to leave it overnight. It's below freezing that night and you wonder how your pet was doing, is he freezing in the cold. When you return in the morning you find that your pet is wrapped in a soft warm blanket, because some one gave it to a shelter instead of throwing it away. Let's turn one more example, Its Christmas Eve; you know that tomorrow your child will

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Weekly Attendance

1-02 17
1-09 49
1-16 40
1-23 40
1-30 40

Programs:

Feb 3rd
Board Meeting

Feb 6th
Stewart Smith

Feb 13th
Stuart Sullins

Birthdays:

Feb 6th
Stewart Smith

Feb 13th
Stuart Sullins

Feb 18th
Stephanie
Linkous

Feb 24th
Kenny Charles

March 3rd
Carter Runyan

Not have a single present because his parents lost their jobs, you are then approached by a teacher and told that someone has bought Christmas for your child. I have just one final question to see how strong your heart is. What do all these events have in common? Simple, all of these events are projects that Kiwanis Clubs in our Division are working on. So how does it feel striving for the same goals as these clubs?

Committee Reports

Major Emphasis	Preparing for first meeting
Public Relations	1 Article in the Daily Post Athenian
Community Service	Donation to Good Faith Clinic
Youth Services	
Youth Clubs	Selling Circle K Cards
Spiritual	4 Church Attendance Promotions
Membership	Compiling a list of possible new members

In the Spotlight



So you missed this meeting. What is going on you might ask. Well it is simple, our own Dr. Forgety auctions off MooFest items to bring in some Moola for the Pancake and Tag Sale. And if you missed this meeting you also missed how hard it is to learn to speak as an auctioneer.

Joke of the Month

A social worker is facing a mugger with a gun. "Your money or your life!" says the mugger. "I'm sorry," the social worker answers, "I am a social worker, so I have no money and no life."

When you go to court, you trust your fate to twelve people that weren't smart enough to get out of jury duty!

Interclub

Crossville
Thurs 11:30
a.m.,
Big Boys
BBQ

Dayton
2nd/4th Thurs
11:50 a.m.
Poohs Place

Madisonville
Tues Noon
Donnas
Café

Oak Ridge
1st/3rd
Tues 6:00
p.m.
Ryans
Steakhouse

Roane Co
Wed Noon
Roane
College

Spring City
1st/3rd
Tues 6:30
p.m.
First
Presbyterian
Church

Sweetwater
Thurs Noon
Dinnerbell

Tell. Plains
Tues 6:30
p.m.
Town
Square Rest

**Tellico
Villa**
1st/3rd Tues
11:45 a.m.

Vonore
1st/3rd Thurs
Noon
Rarity Bay

Kiwanis Healthy Living Program

Cholesterol

Cholesterol is a soft, waxy substance found in the bloodstream and the cells of the body. Some cholesterol is necessary to form cell membranes, hormones, and serve other bodily functions; however, a high level of cholesterol in the blood may lead to cardiovascular disease-the number one killer of both men and women in America. The body makes approximately 75% of cholesterol, and the other 25% comes from foods. Fortunately, high cholesterol is easily detected and highly treatable.

Types of Cholesterol

Low-Density lipoprotein (LDL) cholesterol-LDL is known as the bad cholesterol. When an abundance of LDL cholesterol circulates in the blood, it can gradually build up in the arteries that deliver blood to the heart and brain. Combined with other substances, it can form plaque-a thick substance that can clog arteries. This state is called atherosclerosis and can result in heart attack and stroke.

High –Density lipoprotein (HDL) cholesterol-HDL is known as the good cholesterol. It travels away from arteries, which helps to protect against heart disease. However, low levels of HDL can increase risk for heart disease.

Triglycerides-Triglycerides are blood fat. High levels of triglycerides tend to coincide with heart disease and diabetes.

Lp(a) Cholesterol-Lp(a) is a genetic variation of LDL cholesterol. A high level of Lp(a) is a significant risk factor for the premature development of fatty deposits in the arteries, according to the American Heart Association.

Take Charge:

Fortunately, for any people, lifestyle modifications can improve cholesterol levels and reduce risk for cardiovascular disease. For other people, lifestyle modifications are not enough to achieve healthy cholesterol levels. In these cases, cholesterol-lowering medications prescribed by physicians may be necessary.

Schedule regular cholesterol screenings to detect high cholesterol as early as possible

Eat a diet low in cholesterol, saturated fat, and Trans fat. The American Heart Association recommends limiting intake of cholesterol from food to less than 300 mg per day. People who have high LDL or are taking cholesterol –lowering medications should consume less than 200 mg per day.

Maintain a healthy weight. Consume a diet rich in vegetables, fruits, and whole grains.

Engage in regular physical activity. In some cases, exercise increases HDL cholesterol

Quit Smoking. Research indicates that smoking can lower HDL cholesterol levels.

Remember to talk to a physician if you have any questions.

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