



**Your Health Matters**  
By Claudia Parks, R.N.



A few weeks ago my husband at the age of seventy had his very first experience with a hospital stay, along with a surgical procedure. Our Atlanta friends could not believe that I would not take him back to one of the notable hospitals and physicians in the big city, of which I was familiar. Since we now live Blairsville—we felt we should at least check out the local doctors and hospital. We were impressed with the competent, non-rushed feeling that Dr. Smith conveyed and the friendly skillful care he received at Union General Hospital. It was refreshing to say the least! I've invited Dr. Smith to be a guest contributor this week.

**New Hope For Getting a Good Night's Sleep**

Dr. Wendy L. Smith, the Ear, Nose & Throat Surgeon in Blairsville, Georgia is now offering a simple, one-time, in-office procedure for treating snoring and sleep apnea, a serious health condition that afflicts more than 12 million Americans and deprives sufferers from the benefits of deep sleep. With the Pillar procedure, Dr. Smith is able to provide some patients an alternative to undergoing surgery or a "life-long" therapy approach of wearing an air mask that applies pressurized oxygen while sleeping.

The Pillar procedure is the only implantable treatment cleared by the Food and Drug Administration (FDA) for mild to moderate obstructive sleep apnea (OSA). Sleep apnea is

defined as the interruption of breathing during sleep and owes its name to the Greek word apnea, meaning "want of breath." The most common form of sleep apnea, OSA causes a blockage in the throat that prevents proper airflow, causing sufferers to wake up hundreds of times throughout the night. The most common symptoms of sleep apnea are snoring and fatigue. However, reaching far beyond these symptoms, OSA has been linked to heart disease, high blood pressure, stroke, memory problems, weight gain, impotency and headaches.

"I'm dedicated to providing my patients with the safest, most effective treatments for sleep and breathing problems. The Pillar procedure is an excellent complement to my practice," says Dr. Smith. "With Pillar, I'm able to offer patients a one-time, in-office procedure that significantly reduces loud snoring and can improve sleep apnea in some patients to the point that they may not need to use a CPAP mask or have other major surgery."

The Pillar procedure is designed to restore or stiffen the palate, a contributor in nearly 80 percent of patients suffering from sleep and breathing disorders. The procedure places three inserts in the patient's soft palate, causing the palate to stiffen. The stiffening helps to prevent or lessen blockages of the airway — effectively treating sleep apnea. Pillar inserts are less than one inch long and

made from a woven soft polyester material that has been used for many years in implantable medical products. The Pillar procedure is conducted in a single, short, in-office setting using local anesthetic and is completely reversible. Most patients report that the procedure is virtually painless and that they are able to resume normal activities and diet the same day.

"I can't believe I didn't do this years ago! I'm so happy with my procedure. I rest better, I hardly make a sound at night and my wife says I no longer make choking noises when I sleep," states Newell Collins. "After I was diagnosed with sleep apnea, I was given the option of using CPAP mask, but I wasn't too keen on trying it. When Dr. Smith told me about the Pillar procedure, I was instantly sold. I couldn't believe how simple the procedure was — it was easier than going to the dentist! Now, my wife and I are both finally getting a good night's sleep. I highly recommend the Pillar Procedure to anyone with snoring or sleep apnea."

Dr. Wendy Smith has been in practice in the local area for 5 years. She received her medical degree and did her internship and residency at Indiana University School of Medicine. She is dedicated to providing patients with safe, effective diagnosis and treatments for sleep and breathing disorders.

To learn more about Dr. Wendy Smith and her Ear, Nose & Throat practice, or to set up an appointment to discuss the Pillar Procedure, call 706-745-1305. She is located on the Union General Hospital campus in Blairsville, Georgia. To learn more about Restore Medical and the Pillar procedure, visit [www.restoremedical.com](http://www.restoremedical.com).

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**From Start to Fitness**

**Do children need a personal trainer?**

By ANDREA RENEE WYATT, M.S.S., C.S.C.S.

**Q:** Despite numerous attempts to get my children up and moving, they're still not as active as I would like. A neighbor suggested signing them up with a personal trainer to help them stay in shape. Her children work with a trainer, and she has seen an improvement in their body composition and attitude toward exercise. My children are 10 and 12 years old. Does working out with a trainer sound like a good idea?

**A:** Motivating children to enjoy and engage in physical activity has become harder and harder lately. The days of children running from yard to yard playing with each other until the street lights come on has been replaced with hours of television and video games. With the rise in childhood obesity and other medical conditions associated with inactivity, the use of a personal trainer might be an innovative and fun way to get your children moving.

A certified personal trainer will be able to create a fitness program to suit the needs of any client, including children. Although your children may be working with a trainer, that doesn't mean they will have to lift heavy weights or work on exercise equipment. For children, these sessions could resemble a classic physical education class, where the use of bodyweight exercises such as push ups can be used in addition to other fitness tools to introduce fun

back into being active.

A trainer also will take into consideration the age of the children and develop an appropriate program to ensure their safety while increasing their fitness level.

Hire a trainer who is certified and has experience working with children. Discuss your goals for your children with the trainer and stay involved with their progress. Ask the trainer to give you feedback so that you can positively reinforce healthy behaviors at home.

Another idea may be to have your children exercise with your neighbor's children in a group. Group training is a great way to encourage children to exercise with others and can allow them to not feel like outsiders.

The key word to remember is "fun!" Promoting a healthy lifestyle for your children should begin at home, and a little help from the outside can make it easier.

Always consult a physician before beginning an exercise program. Andrea Renee Wyatt, M.S.S., C.S.C.S., is a certified personal trainer with an extensive background in strength and conditioning as well as therapeutic recreation. If you have a fitness or training question, e-mail Andrea at [letters.kfws@hearstsc.com](mailto:letters.kfws@hearstsc.com) or write her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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**Dollars and Sense**

**Be a tightwad one day a week**

By DAVID UFFINGTON

Cheapskate. Tightwad. Penny pincher.

Somehow those words have come to have a negative connotation, but if you're willing to wear that label one day a week, you can save money. You might decide, too, that you like the challenge of not parting with your dollars unless necessary.

Pick a day once a week and consciously spend as little as possible. Here are some painless ideas to get you started:

- Shop at the dollar store before you go to the grocery store. You'll likely find bargains on lots of household product staples.

- Shop on double coupon day. Spend part of Sunday cutting coupons. Compare prices with the generics.

- Make a list and take only cash to the grocery store. (Use a handheld calculator to add up

your purchases as you go along.)

- Plan in advance for how you're going to get to work. Can you bum a ride? Take a bus? Ride a bike? If not, go in an hour early and beat the rush. You'll save gas by not sitting in traffic.

- Skip the expensive latte; take coffee from home. Same with the vending machine at work; bring snacks from home.

- Let the kids make their own lunches to take to school.

- Ask for a discount wherever you go. The neighborhood dry cleaners might give you a discount just because you're a regular customer.

- Swap videos with a neighbor. Make popcorn at home for family night. (If everyone is in the same room, you're not burning lights all over the house.)

- Cook multiple meals and freeze.

- Run the washer on cold. Hang laundry outside and don't

run the dryer.

- Don't run the dishwasher unless it's full. Open the door and let dishes air dry.

At the end of the day, add up what you've saved. Calculate what that will be at the end of the year if you save a similar amount once a week and put it in the bank.

If want to increase what you save, go online and put "frugal tightwad save money" in a search engine. You'll find thousands of tips.

And who knows ... you might decide to be a tightwad two days a week. Are you up to the challenge?

Write to David Uffington in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or send e-mail to [letters.kfws@hearstsc.com](mailto:letters.kfws@hearstsc.com).

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**Super Crossword** **NOVEL BEGINNINGS**

- |                   |                 |                  |                 |                 |                  |
|-------------------|-----------------|------------------|-----------------|-----------------|------------------|
| <b>ACROSS</b>     | 58 Dicta        | 103 Maguire of   | 5 "Quiet!"      | 44 Pi follower  | 97 "Six Feet     |
| 1 "One —          | 59 Seek         | "Spider-         | 6 Dove          | 45 Cooking fat  | Under"           |
| Apple" ('71       | change?         | Man"             | sounds          | 46 Close        | network          |
| song)             | 62 Coasted      | 106 Singer       | 7 In —          | 47 Trinidad's   | 100 Pro-gun      |
| 4 Broadway        | 63 Cock and     | Barry            | (bored)         | neighbor        | grp.             |
| org.              | bull            | 107 Undecided    | 8 Cuban         | 52 Morano or    | 102 PO alert     |
| 9 Presidential    | 65 Sup in style | activists?       | currency        | Hayworth        | 104 — Maria      |
| pooch             | 66 "Ru'e        | 113 Roman        | 9 Evergreen     | 53 Inspector    | Saint            |
| 13 Loudly, to     | Britannia"      | writer           | tree            | Daigleish       | 105 Evergreen    |
| Liszt             | composer        | 114 Hat hard     | 10 Exist        | 55 Engage, as   | tree             |
| 18 Spud bud       | 68 Call —       | 115 Reverendo    | 11 Spooch       | gears           | 108 Expert       |
| 19 Popped         | day             | 116 It may be    | problem         | 57 — Gay"       | 109 The gods     |
| (up)              | 69 Fill in      | fake             | 12 Take for     | 58 Parly        | guzzle it        |
| 21 Author         | 71 — Scotia     | 117 Author       | granted         | animal          | 110 — Spumante   |
| Murdoch           | 73 Sculptor     | Umberto          | 13 Too big for  | 60 Palladino of | 111 Newscaster   |
| 22 Menotti little | Bemini          | 119 Adjusted an  | one's           | "EPI"           | Connie           |
| character         | 74 Snead or     | Amati            | brooches?"      | 61 Behaves      | 112 Nut part     |
| 23 Over-          | Spiegel         | 123 Lhasa —      | 14 Doolittle's  | like a          | 113 Feeling      |
| laundered         | 75 Tarzan the   | 127 Come in      | digs            | beaver          | 116 Dread        |
| museum?           | Studios?"       | 130 Good         | 15 Type of      | 64 Kid stuff?"  | 118 Phil         |
| 25 Aquarium       | 80 Ingot        | source of        | philosophy      | 67 Methuselah's | Donahue's        |
| fish              | 82 Ahead        | minerals?"       | 16 Muri         | dad             | birthplace       |
| 27 Viscount's     | 83 Fruit-tree   | 135 Cold sound   | 17 Panache      | 70 Borg or      | 120 Neighbor of  |
| better            | spray           | 136 "Retorna     | 20 Ouch         | Ulvasus         | Momi             |
| 28 Walked off     | 84 Biol. or     | vincitori!"      | 24 Outch        | 72 Subside      | 121 Gaelic       |
| with              | chem.           | singer           | pottery         | 75 Reliable     | 122 Luke, Bo. or |
| 29 Baby beagle    | 85 — Dhabi      | 137 Piston       | 24 Shika's st.  | 76 As many as   | Daisy            |
| 31 Noun suffix    | 86 Art deco     | packing          | 25 Work in      | 77 Essential    | 124 Prepares     |
| 32 Objective      | designer        | 138 Shelley's    | Vegas           | 78 Elaborate    | chernes          |
| 35 Logo luster    | 87 Sicilian     | "— Skylark"      | 30 By means     | 79 Brilliant    | 125 Glasgow      |
| 38 One of the     | volcano         | 139 Versy        | of              | display         | guy              |
| Sopranos          | 88 Humble       | 140 Inn offering | 33 Cover the    | 80 Movie piglet | 126 Hunky-       |
| 41 Embarrassed    | abode           | 141 New          | cake            | 81 Explorer     | dory             |
| late-night        | 93 Gerahwin     | Hampshire        | 34 Wrestling    | Tasman          | 128 Accounting   |
| host?             | heroine         | campus           | surface         | 88 Energy       | abbr.            |
| 48 Humble         | 95 Wordless     | 142 Hog          | 35 Labor leader | source          | 129 Singer       |
| abode             | greeting        | heaven?"         | Eugene          | 90 Defensive    | Tommy            |
| 49 Hawke of       | 96 "Every —     | <b>DOWN</b>      | 37 WWII orgs    | 91 Churchill's  | 131 Maastro de   |
| "Training         | You Take"       | 1 Actress        | 39 Oly          | successor       | Waarl            |
| Day"              | (83 hr)         | Newwith          | 40 Emcee's      | 92 Time to give | 132 Hat for      |
| 50 Start to cry?" | 98 Cheer        | 2 Auel heroine   | sia             | up              | 125 Down         |
| 51 Pageant        | competitor      | 3 Forest         | 41 '54 James    | 94 Head for the | 133 Game         |
| prop              | 99 Singer John  | beauty           | Arness film     | clouds          | pieces           |
| 54 Jack of "Rio   | 101 Organ of    | 4 Request        | 42 A shake in   | the grass?"     | 134 Canonized    |
| Lobo"             | equilibrium     |                  | 96 La — Tar     | Pits            | Mila.            |

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