

Chamber Chronicles

The official source of Towns County Chamber News

Wednesday January 6, 2010

Angel's Chamber Messages



Community Events

Old Fashioned Square Dance

Join us each Monday in Hiawassee, at 6 p.m. at the Senior Center (two blocks behind – south of the town square, beside the Courthouse, 48 River St.). Old Fashioned Square Dance lessons are free. This is not Western Square Dance but rather Big Circle (shew-fly, grapevine, etc.) with basic clogging demos. Help us revive this lost art, come once or every lesson. Sponsor: Towns County Historical Society, PO Box 1182, Hiawassee, GA (706) 896-1060.

Member Calendar of Events

Jan. 16, 23, 30 at 8 p.m. – The Problem with Pluto at Rollins Planetarium. For details call (706) 379-3111 or www.yhc.edu

Jan. 17 at 5:30 p.m. – Holman Water Quality Stewardship Award Banquet and Silent Auction at Brasstown Valley Resort. For reservations call (828) 837-5414 or www.hrcw.net/banquet.htm

Cold weather tips

Be prepared for cold weather. Cold weather experts suggest that it is important to cover vulnerable parts of your body, like the head, face, and hands; avoid activities that cause sweating; wear loose, layered clothing; and keep as dry as possible to avoid hypothermia.

The following are some expert tips to remember about the cold weather and how to make it through the tough days ahead.

Heating:

· If you have a wood stove or fireplace, keep a good supply of firewood on hand;

· Make sure fireplace flues are working properly. Make sure carbon monoxide detectors are working properly;

· Learn how to use emergency heating sources just in case you run out of firewood;

· Make sure you have an alternative heating source other than firewood or LP gas for emergency situations;

· Check space heaters for sufficient ventilation and wire condition. Never place space heaters close to flammable objects, such as drapes or bedding;

· Do not use charcoal or gas grills indoors. They produce deadly carbon monoxide fumes;

· Check on the elderly. Persons over 65 do not retain heat like they did when they were younger;

· Make sure the kids are bundled up tight, especially at the bus stop and make sure they don't have to wait too long.

Conserving heat in the home:

- Close off any unneeded rooms;
- Stuff towels or rags in cracks under doors;
- Cover windows with drapes or blankets at night.

Protect exposed pipes

- Leave a drip of water from the faucet to prevent freezing and bursting;

· Keep kitchen and bathroom pipes exposed to warm air by opening cabinet doors below sinks.

What to wear:

- Use a scarf or knit mask to cover face and mouth.

· Wear a hat, mittens, sleeves that are snug at the wrist, water-resistant shoes, and many layers of loose-fitting clothes.

Protect exposed pipes

- Wool, silk, and propylene inner layers are better than cotton. Outer layers should be tightly woven, water-resistant, and wind-resistant.

Keeping dry:

- It is very important to stay dry. If you begin to perspire, reduce exertion and remove some layers of clothing.

What to eat and drink:

- Eat healthy, well-balanced meals. Drink lots of beverages, especially warm, sweet beverages;

- Avoid drinking alcohol;
- Reducing caffeine may help as well.

Shivering:

- Shivering means your body is losing heat. Go indoors as soon as possible.



Wayne Barter of Tree Tops Lakeside arranges the stack of available firewood at his store at 1300 Highway 75. Barter has realized an increased demand for firewood since Towns County went into a deep freeze in recent days. Photo/Charles Duncan

Renovations at Ramada Inn

Chatuge Resorts, Inc., owners of Hiawassee's Ramada Inn at Lake Chatuge Lodge and Shoney's Restaurant, announce renovations of our facilities. The process of renovation began in 2009 at the lodge with painting, upgrading, repairs, replacement of third floor outside deck, and other improvements. This process at the lodge will continue in 2010 with extensive upgrades in additional painting, adding micro-fridges and cabinets in rooms, adding personal cafes in rooms as well as new linens and bedding. We will also upgrade and improve heating and air conditioning in common areas.

The lodge will continue to provide breakfast for its guests and will now offer breakfast to the general public during renovation. The lodge's

meeting room will continue to be available to rent for meetings, banquets, and luncheons.

As a part of this process, our restaurant will be closed temporarily for the purposes of removing the Shoney's brand and renovating and upgrading the restaurant building to introduce a more local food concept. The restaurant will be re-opened as soon as possible during the next 6 months. Please remember during this time the lodge will offer to the public a basic breakfast and as always – meeting rooms.

We THANK you, the public, for your former patronage at our Shoney's, and we look forward with excitement to both serving you again soon with a new local food concept and continuing to be a part of THE COMMUNITY OF TOWNS COUNTY!

TJJan6.C5ac

Member Benefit of the Month

Your listing on our Web site....www.mountaintopga.com received hits in November - 4,105;3537 of them were new visitors!

Towns County Tourism Association Updates

The Towns County Tourism Association is sponsoring the 2nd Annual GA Mountain Moonshine Cruize-In Car show Aug. 12-14 at the Georgia Mountain Fairgrounds. This event was a tremendous success last year bringing more than 5,000 visitors to the community. A community meeting will be held at the Georgia

Mountain Fairgrounds on Thursday, Jan. 7th at 6 p.m. in the Anderson Music Hall, Rakes Parish, promoter of the event will be discussing the community involvement to make the 2010 show even more successful. Please mark your calendar and plan to attend. Contact Jane Holland at (706) 896-4966 for more details.

Chancey Hill Inn Bed & Breakfast Announces Open House for all Chamber Members

Chancey Hill Inn B&B is hosting a Grand Open House for all Towns County Chamber of Commerce members on Thursday, January 14th from 4:30 p.m. - 6:30 p.m. John and Dale Harmon have renovated the old Mountain Memories Bed & Breakfast on Chancey Drive. They still offer the same beautiful views of the Blue Ridge Mountains and Lake Chatuge, but have updated the Inn with new interiors and a new style. They

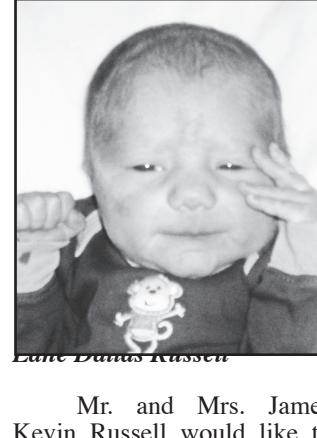
invite you to come and check out their beautiful B&B and enjoy wine, hors d'oeuvres, beautiful surroundings and great company. They are located on 385 Chancey Drive in Hiawassee.

Directions: From the Chamber, go East through Hiawassee on Hwy 76. Turn Left on Bell Street (Between Linda's and Eller's Garage). Turn Right on Chancey Hill Road. Call (706) 896-8424.

ArtWorks class schedule

Thursday, January 21 – 1 p.m. – 3 p.m. – Paint a Winter Scene in Watercolor on Japanese Rice Paper with Instructor Verlee Jones. 8" x 10"

Birth Announcement



Mr. and Mrs. James Kevin Russell would like to announce the birth of their son, Lane Dallas Russell. Born on December 30, 2009 at Union General Hospital, delivered by Kevin Davis, MD. The birth weight of the baby was 6 pounds, 2 ounces and he was 18 1/4 inches long. Mrs. Russell is the former Stacy Lynn Mer-

matted Painting Project is on display at ArtWorks. Class fee \$10; Supply fee \$10. Last day to register – January 18, 2010.

Private lessons are also available for adults and children (\$25 - \$50 per hour). We will do our best to find you a teacher for whatever art or craft you would enjoy learning more about!

Set your own date and time for a Beginning Quilting Class with Instructor Marilyn Bostrom. The Class Fee is \$40; supplies are provided for \$28.

Check with the Store Worker for further information. Children are also welcome to take this class.

Set your own date and time for a Wire Wrap Class with Instructor Evelyn Gantner. The Class Fee is \$38; supplies are provided for \$30. Check with the Store Worker for further information.

NT(Jan6.7.A1)SH

HSMS Board meeting

The Humane Society Mountain Shelter's Board meeting will be held January 28 at 5:30 PM in Cadence Bank's Community Room.

NT(Jan6.27.A1)SH

Every Green Herb

By Janice Boling

Aromatherapy – Juniper essential oil

Juniper essential oil is extracted from juniper berries by steam distillation. The scent is peppery, clear, fruity, and fresh. Juniper is especially suited for treating prostate problems, urinary disorders, gout, arthritis, and muscle pain.

Juniper can help relieve upset stomach and colic. It is good for treating enlarged prostate, kidney stones, urinary infections, chills, water retention, obesity, painful periods, warts, skin growths, blocked pores, herpes, depression, dandruff, lice, and worms. Juniper helps detox the liver, intestines, and bladder. It regulates the appetite, energizes the body, stops drowsiness, stimulates circulation, clears mucus from the digestive tract, and helps shrink hemorrhoids.

Juniper essential oil is a mild disinfectant useful for chronic skin conditions like eczema and psoriasis. Juniper is also good for treating acne. Combine one drop of juniper oil with a half cup of witch hazel and a half cup of rosewater.

Apply to skin with cotton balls using a gentle circular motion. Do not scrub.

Juniper essential oil is also added to chest rubs. Mix with thyme essential oil and a good carrier (such as almond oil) for treating coughs, colds, and flu symptoms. For joint pain, mix juniper with safflower (as carrier), lavender, and rosemary essential oils. Rub into affected area as needed for pain.

Juniper is good for clearing out acid waste from the body especially when used in massage therapy and the bath. It is recommended for people with lots of cellulite. Use juniper daily for up to four weeks.

then give it a rest for a month or two. Juniper has been associated with cleansing rituals and purification ceremonies since ancient times.

Juniper oil can help calm the nerves by bringing about feelings of love, peace, health, and tranquility. The aroma relieves stress, anxiety, and mental exhaustion. Juniper may be used in burners and vaporizers, lotions, creams, ointments, massage oils, bath oils, and compresses. For best results, blend with cedarwood, geranium, grapefruit, lavender, bergamot, lime, clary sage, or lemongrass.

Juniper berries and juniper essential oils are used to flavor gin. The oils are also added to soaps, perfumes, air fresheners, and incense. Juniper essential oil is even used as a household disinfectant. Dilute with water and use on most hard surfaces.

Juniper essential oil is a good flea and tick preventive for pets. Mix a few drops of juniper and eucalyptus essential oils with water in a spray bottle. Apply to pet and bedding on a daily basis. If your animal has dry scaly skin, add 4 drops of juniper essential oil to the bath water. This will help heal and protect the pet's coat and skin.

*Do not use juniper oil if you are pregnant or have kidney disease. Do not take essential oils internally without consulting a qualified professional. Always dilute essential oils with good carrier oil (such as almond) and test on small area of skin before use. Always consult with a healthcare professional before using any herbal remedy especially if pregnant, nursing, or taking other medicines. NT(Jan6.C5ac)

Member Spotlight – Hallam Construction

Hallam Construction builds new homes and is an expert in remodeling and additions. Three of their remodeled homes have been on the Chamber's Christmas Tour of Homes over the last few years. They are a contract builder which means they provide new home prospects and remodel prospects with a complete and detailed "scope of the work" involved and a firm contract price.

One of the most emotional and difficult kinds of restoration efforts for a homeowner involves damage to their residence caused by tornado, wind, water, fire and hurricanes. They have extensive experience in insurance work dating back to the 1992 tornados in Acworth, and in Dunwoody in 1998. They restored a home after the hurricane winds in 2004 and a wind damaged home in Young Harris in 2009. They welcome any and all inquiries where a homeowner may have a need for a general contractor.

When Hallam Construction relocated their company to Towns County more than 8 years ago from Atlanta, they immediately joined the Cham-

ber of Commerce and became very active. They provided and installed two ceiling fans in the old "nut house" at the Fairgrounds. There were lots of grateful volunteers that year who had a breath of air while tending the boiled peanut pots. More recently they built steps and landings at the rear of the Chamber building for no charge so there would be two main floor exits. Both Rosie Hallam and Liz Getz have volunteered at the Front Desk and have served or are serving on the Board of Directors of the Chamber. An important part of the Hallam Construction Services, Inc. philosophy has always been service to the wonderful community they live in.

Since 1988 Hallam Construction Services, Inc. has gained the reputation as a premier remodel and renovation general contractor. They build new homes as well.

Hallamconstruction@windstream.net Office – (706) 379-0642; Rosie @ (706) 835-7400 or Liz @ (706) 435-7274

If you would like us to shine a spotlight on your business, call or email us at the Chamber at (706) 896-4966 or info@mountaintopga.com.

Pups rescued...from page 1

"I would have taken them in myself and built them a doghouse, but if I had come home with a dog or a bunch of pups, my wife would have had me in the doghouse with them," Officer Harkins said. "Judging by the size of their feet, they're going to be large dogs."

Officer Harkins said he will build and donate a doghouse for anyone adopting one of the pups.

"I build a lot of things, it's a hobby," he said. "I'll be glad to donate a large doghouse for the puppies."

To adopt a puppy, contact Mountain Shelter at (706) 781-3843. If you do adopt a puppy, contact Officer Harkins at (706) 781-1373 for details about the doghouse.

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