

Green Egg phenomenon grows

First-ever Green EggFest exceeds expectations at Georgia Mountain Fairgrounds

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Give the Eggheads a venue and they'll show up. Show up indeed.

Fifty-eight cookers showed up for the first Georgia Mountain Fairgrounds Green EggFest. They were overwhelmed by almost 900 people who turned out to taste their delicacies cooked on the phenomenal Green Egg cooker grill.

The Fairgrounds ran out of event tickets, Hiwassee Hardware almost ran out of Green Eggs and the legend of the Georgia Mountain Fairgrounds' Green EggFest was born on Saturday.

The festival is the brainstorm of Fairgrounds General Manager Hilda Thomason, who attended a similar event in Atlanta last year and brought the idea back home to the Towns County Tourism Board for backing.

"When I first heard about the idea, I was kind of, well, less than enthusiastic," said Tourism Board Member Rick Stancil. "I didn't know what to expect, but I'm sold on it today - definitely."

The event sold out local hotels, filled local businesses and sold a whole lot of gasoline.

It was the shot in the arm that Towns County needed in a slow recovering economy.

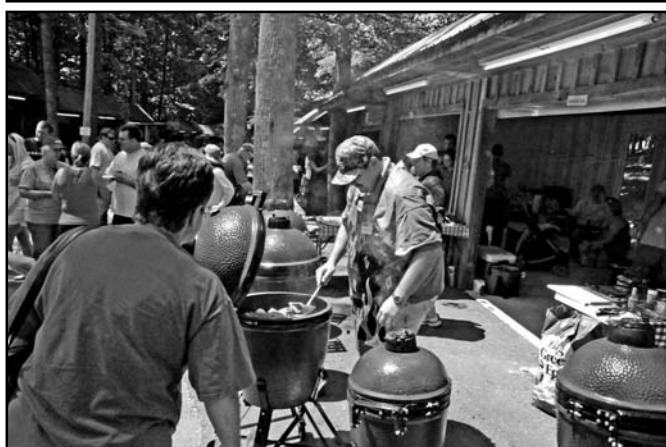
"It's been an absolutely wonderful event," Thomason said. "We've had the best time, there are happy people here, lots of food; we got much more than we expected from this event."

Originally, 350 tickets were pre-sold prior to the event. Combine a beautiful day with an over abundance of curious travelers and you have a recipe for success.

"The walk up traffic has been phenomenal," Thomason said. "This event has put heads in the beds, and dollars in the local cash registers. We've been handing out *Save the Date* cards today. We'll do this again the same time next year. People are excited."

Towns County Chamber of Commerce President Angel Long was impressed as well.

"These are great numbers for a first-year event," she said. "Normally, it takes about three years to get these kind of numbers



The first Green EggFest was a rousing success in Towns County. Event goers say they'll be back in 2012. Photos/Lowell Nicholson

locked into a festival. It's incredible."

Daniel McAlhany came to cook. He was thoroughly impressed with the attendance numbers for the first-year event.

"We showed up expecting 350 people and I didn't leave my station most of the day," McAlhany said. "We've been cooking since about 8:15 this morning and we're still cooking. I'll be back next year, no doubt about it."

Egghead Barrett Carter was taken aback by the sheer numbers of people who attended the event.

"I think it's a matter of

people enjoying a good outing," Carter said. "A lot of people like to grill and when you get an opportunity to grill, you jump at it. The Green Egg comes with a lot of functionality and people really appreciate the way it cooks."

"Another thing, Eggheads don't keep secrets, they share their recipes and that's the fun part," Carter said. "I'm already booked here for next year."

Hiwassee Hardware, the event's co-sponsor sold 47 Green Eggs on Saturday as the phenomenon of the Green Egg continues in Towns County and throughout the region.

Rabies Clinic...continued from page 1A

A small brindle bulldog was defiant, determined to escape the pain of a needle in the leg. He wasn't successful, but he did manage to leave behind an unpleasant gift for his handlers.

It was all part of the process of keeping local animals safe from the rabies virus.

More than 600 local pets were vaccinated on Saturday at the six clinics held throughout the county. The number of pets vaccinated this year is up slightly over last year.

Rabies is a viral infection transmitted in the saliva of infected animals. The virus enters the central nervous system of the host mammal causing inflammation of the brain that is almost always fatal.

Although all species of mammals can get the rabies virus, only a few species store the virus in their bodies and are transmitters of the disease.

The most common carriers in the United States are raccoons, rabbits, skunks,

bobcats, coyotes, foxes, rodents and bats. That's why it's easy to see how the disease can spread from one area to another.

The Countywide Rabies Clinic is a service to the county and has been an annual ritual for many years as local vets work together to make local domestic animals safe from the dangers of rabies.

And bottom line: Georgia law requires that all domestic cats and dogs be vaccinated, said Dr. Dick Smiley, a local veterinarian.

"We did about 200 rabies vaccinations this morning, it was a little slower in the afternoon," Dr. Smiley said. "It's not just a one-time thing; it's an annual vaccination that is required in Georgia by state law."

"It's a matter of public safety," he said. "If we didn't vaccinate, there would be a lot of people who die from this disease. It's a very important duty of all pet owners."

With the increased number of carriers in the

mountains region, the importance of annual vaccinations goes up as well, said Julie King, of Hiwassee Animal Hospital.

If you have a dog or cat that is bit or scratched or in a fight with a feral animal and that pet isn't vaccinated, about the only way to tell that they've got rabies is pen them up and wait and see if they're going to act like Old Yeller, or put them down and have them tested.

Either way, it's a tough situation. The best way to know what's going on is to have your pets vaccinated annually, King said.

"We had a lot of people come out today," she said. "I think they understand the importance of rabies vaccinations for their pets. A rabies vaccination can save your pet's life. If your pet bites someone and it hasn't been vaccinated, the options aren't very good."

"If your pet has a current vaccination, it will save its life in the event of an unfortunate incident of contact with people," she said.

Bluegrass variety show coming to Brasstown Community Center

The Lone Mountain Band from Chattanooga presents Original and Traditional instrumentals and vocals always with a deep respect for the traditional music of the Appalachians. The show is Saturday, May 28. The door opens at 6 PM, music begins at 7 PM. Hot dog plates, homemade cobbler and refreshments available. Admission is \$5. The community center is located in Brasstown on Settawig Road across from the Brasstown Post Office. For more information contact Clay Logan 828-837-3797.

The Lone Mountain Band shows are like a mini Bluegrass variety show featuring each member of the band in several related styles of selections including fiddle tunes, bluegrass banjo tunes, clawhammer banjo tunes, guitar tunes, and vocals, all presented with friendly and entertaining commentary.

Bobby Burns was born into a musical family. He plays many instruments, but with the band plays mostly the mandolin and sometimes the fiddle or guitar on selected tunes. He is a full time luthier and repairman. Bobby sings lead and harmony vocals and does most of the MC work for the band.

Roy Curry has been playing guitar since the age of



The Lone Mountain Band

elevens. Roy has built a national reputation as one of the finest flatpickers around. He has entered every major contest for the guitar and wins way more than he loses. He is one of only a handful of people to ever win the "National Flatpick Guitar Contest" in Winfield, Kansas more than once. Roy played with country stars The Forester Sisters from 1984-1987, playing on such respected stages as The Grand Ole Opry and the Kennedy Center. Roy also sings harmony parts with The Lone Mountain Band.

Jim Pankey is the banjo player in the group. Jim has won many banjo contests. He has written for the "Banjo Newsletter". Jim is a master of many banjo styles. He is an excellent

Scruggs style player, but he often makes use of more contemporary styles. Jim was the 1999 Georgia State Championship on the clawhammer banjo. He also plays the fretless minstrel banjo. Jim is also on the Board of Directors for the American Yo-Yo Association. Both his clawhammer playing and his skill with a Yo-Yo are featured parts of all Lone Mountain Band shows.

Diana Phillips was trained as a classical pianist. While in college in Virginia she was exposed to Bluegrass music and fell in love with it. Diana is an excellent singer and songwriter, and several of her songs have been featured on Lone Mountain Band recordings, as well as recordings done by other artists.

NT(May25,Z1)CA



Every Green Herb

By Janice Boling

Glossary Part 5 – Coenzyme Q10 thru Dairy Foods

Coenzyme Q10 is essential for cellular energy. It provides wide ranging benefits such as inhibiting tumor growth and improving immunity. Coenzyme Q10 has antibacterial and antiviral properties. It is produced by the body and can be supplemented with food sources like rice bran, wheat germ, beans, nuts, fish, and eggs. It is best taken along with vitamin E.

Coenzyme Q10 promotes natural weight loss, inhibits aging, and helps heal gum disease. It is effective in preventing and treating heart and arterial diseases. Applied topically, this coenzyme can help decrease the depth of wrinkles. By the time a person reaches fifty, natural occurring Coenzyme Q10 levels are half of what they are at age twenty. Coenzyme Q10 is available in drug stores and health food stores.

Collagen is the most abundant protein in the body. It is responsible for maintaining healthy vein walls, tendons, ligaments, cartilage, connective tissue, and skin. Collagen is dependant on nutrients from blood. Smoking, bad diet, and other factors can constrict blood vessels and cause everything from bad skin to weakened tendons.

Herbs that work to improve the circulatory system can help improve collagen strength. Try horsetail, ginkgo biloba, cayenne, and garlic for best results. Vitamin C and other flavonoids work to cross-link collagen fiber, resulting in stronger connective tissue.

Colloidal Silver is a pure metallic substance with antibiotic properties. It acts to stop harmful bacteria, virus, and fungus from gaining a foothold

in the body. Colloidal Silver is toxic to many parasites. Harmful parasites and bacteria do not develop immunity to this dietary supplement (like they do with prescription antibiotics).

Copper is a mineral that aids in iron absorption, protein metabolism, bone formation, and blood clotting. It controls inflammatory arthritis, helps protect against free radical damage, and helps prevent hair from losing its color. Copper deficiencies can be caused by too much zinc in the diet or by consuming too much refined sugar. Copper deficiencies cause high cholesterol, anemia, heart arrhythmias, and nervous conditions. Excess copper can cause severe mental depression.

Dairy foods include milk, cheese, ice cream, and

1st annual Spring Garden Tour

Garden Rambles... "A Tour of Mountain Gardens", the 1st Annual Spring Garden Tour in Hiwassee & Young Harris sponsored by the Towns County Chamber of Commerce. June 4th & 5th. Saturday 11 a.m. - 5 p.m. and Sunday 1 p.m. - 5 p.m. Tickets on sale now - \$10 per person. Tour eleven beautiful and unique gardens with spe-

cial tours of Crane Creek Vineyards and the Anderson-Paris Park at the Georgia Mountain Fairgrounds. Stroll the beautiful Hamilton Rhododendron Gardens, the Campus of Young Harris College and Cupid Falls. Refreshment stops along the way. Enjoy the self-guided tour while "Rambling Thru The Gardens".

NT(May25,F1)SH

Donations needed for Family Connection yard sale

Now accepting any and all donations for our Family Connection Yard Sale that will be held June 3 & 4, 2011 from 7 AM to 2 PM on the Towns County Schools campus (grassy area in front).

We would love to have more household items and fur-

niture to sell. If you are looking to discard, rearrange, and spring clean - remember us!

All proceeds go to Family Connection, to enable us to continue our mission of improving the lives of children and families in Towns County.

NT(May25,F1)SH

Top Honors...continued from page 1A

were Salutatorian and Historian, respectively.

The identities of the top three students had been a well-guarded secret.

The small group of honor students had battled down to the wire for the school's highest academic honors. A tenth of a point was the difference this year among the final two honors, Perren said.

"It was that close," he said.

Moss and Rhoades will attend Young Harris College; Guss will attend the University of Georgia in Athens.

A humble Moss said the race for the top honors was among a close group of friends. "It's great to be rewarded for all the hard work over the years," she said.

Moss is a student-athlete, one of the things that Towns County Schools takes pride in.

She starred in basketball and soccer for Towns

County High School. She scored more than 1,000 points in her basketball career at TCHS.

"It's been a good four years," she said. "I've played a lot of sports, and we earned a lot of recognition for the school. It's been a lot of fun getting our name (TCHS) out there."

Rhoades was just as humble, and a bit excited to be Salutatorian.

"It's very exciting," said Rhoades, also a student-athlete, who starred on the tennis team. "It was close between all three of us. We were all striving; we all took the same classes. No one got it any easier than anyone else."

Guss was just as excited to be named Historian.

"It's really exciting," said Guss, also a student-athlete and Doubles star on the tennis team. The three girls up there on stage,

we're all very qualified for the Valedictorian. It was a tight race among three good friends. Each one of us is happy for what each of us has achieved. I've only been here since I was a sophomore, so writing a speech about school history is going to be really fun, but it's going to be a great feeling to be up there."

For Perren, this is the third group of seniors that have been here the entire time that he's been here as TCHS principal.

"They're a special group, they're smart and they're prepared to move on," he said. "What really gets me is how fast four years rushes by. It seems like just yesterday that they were ninth graders and here they are about to walk and graduate. You really get to know them over the years, you care about them and you want them to succeed."

a positive attitude.

"Those two things will carry you a long way in life," Perren said.

"The Class of 2011 is a persistent and very smart group," he said. "They want to be successful. My advice to them is to never give up on their dreams and always, always be positive in life."

Graduation... continued from page 1A

The children in Towns County are a wonderful group of students to work with."

Dr. Behrens truly believes this graduating class has much to look forward to, regardless of the current economic situation.

"The economy goes up and down," he said. "They've learned some val-

ues that they ordinarily wouldn't have learned during good times. I truly believe that this group of young people will have a very bright future ahead of them."

During Senior Honors Day on Friday, TCHS Principal Roy Perren encouraged the Class of 2011 to always work hard, and always keep