



Chamber Chronicles

The official source of Towns County Chamber News

Wednesday February 10, 2010

Angel's Chamber Messages



4 Fatal Communication Mistakes that Ruin Relationships

by Benita A. Esposito, MA

Vanessa* walked through my office door with her fiancé, Dr. Mark Smith. With one divorce under her belt, she didn't want to make another mistake so she asked for a series of relationship coaching sessions. After the initial introductions, Dr. Smith declared, "I saw Dr. John Gottman on national TV last week. He's a research psychologist who says that within 3 minutes of observing a couple, he can predict if they will still be married in 15 years."

"That's an incredible statement," I exclaimed. "I don't believe any one can make a prediction like that. There are so many factors that go into the success or failure of a marriage, plus people always have free choice to grow and change, or not."

A couple of days after the session, I reflected on what Dr. Smith told me. Could there possibly be a way to predict marital success within 3 minutes? Will Dr. Smith and his bride-to-be make it to the 15 year mark and hopefully beyond? I thought I better check out what Dr. Gottman was talking about so I read his book, *The Seven Principles for Making Marriage Work*.

Here's a description of Dr. Gottman's work. He set up an apartment called the "love lab" near the University of Washington where he made video recordings of couples. He monitored their heart rate, galvanic skin response and other stress indicators. Then he observed them interacting in normal daily activities, including discussing conflicts.

After 20+ years of analyzing videos, physiological measurements and tracking 2,000 couples, Dr. Gottman compared the communication habits of couples who stayed married with couples who divorced within 15 years. He isolated 4 specific behaviors that unhappy couples use that predict divorce with a 93 percent accuracy rate.

4 Horsemen of the Apocalypse

1. Criticism: Attacking your partner's personality or character, usually with the intent of making someone right and someone wrong. Examples: Generalizations: "you always..." "you

never..." "you're the type of person who ..." "why are you so ..."

2. Contempt: Attacking your partner's sense of self with the intention to insult or psychologically abuse him or her. Insults and name calling: "wimp, fat, stupid, ugly, slob, lazy and worse ...", Hostile humor, sarcasm or mockery, Body language & tone of voice: sneering, rolling your eyes, curling your upper lip

3. Defensiveness: Seeing self as the victim, warding off a perceived attack, Making excuses: (e.g., external circumstances beyond your control forced you to act in a certain way) "It's not my fault...", "I didn't...", Cross-complaining: meeting your partner's complaint or criticism with a complaint of your own, ignoring what your partner said, Disagreeing and then cross-complaining: "That's not true, you're the one who ...", Yes-butting: start off agreeing but end up disagreeing, Repeating yourself without paying attention to what the other person is saying, Whining "It's not fair."

4. Stonewalling: Withdrawing from the relationship as a way to avoid conflict. Partners may think they are trying to be "neutral" but stonewalling conveys disapproval, icy distance, separation, disconnection, and/or smugness, Stony silence, Monosyllabic mutterings, Changing the subject, Removing yourself physically

After studying Dr. Gottman's research, I now believe his ability to make such seemingly incredible predictions. Check it out for yourself. It behooves us to stop using communication that damage relationships, and start practicing tools that make relationships flourish.

(The same communication skills apply to all relationships: business relationships, parent-child relationships, sibling relationships and friendships.)

*Client's names were changed to protect confidentiality. Reference: *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* by John M. Gottman and Nan Silver

To learn how to remedy these fatal mistakes, subscribe to the email newsletter or attend workshops at The Esposito Institute. Visit www.EspositoInstitute.com. Call for a free 15-minute consultation: 770.998.6642

Member Calendar of Events

7/7/2010 David Crowder Band

1028 Georgia Road • Franklin, NC 28734
Phone: 866-273-4615 • Cost: \$25.00

Website: www.greatmountainmusic.com

Sponsor: Smoky Mountain Center for the Performing Arts
Description: Dove Award-winning six-piece, compelling, inimitably progressive electronic rock. Think Radiohead meets Linkin Park. Compare that description with the fact that some even call them a worship band.

7/9/2010 Little River Band

1028 Georgia Road • Franklin, NC 28734 • Cost: \$20-25

Phone: 866-273-4615 • Website: www.greatmountainmusic.com

* Sponsor: Smoky Mountain Center for the Performing Arts
Description: Little River Band was formed in Melbourne, Australia in 1975. The original members came from other successful Australian acts from the '60s and '70s...Glenn Shorrock from *The Twilight* and *Axiom*, Beeb Birtles from *Zoot* (with Rick Springfield) and Mississippi, Graham Goble and Derek Pel-

licci (also from the band Mississippi), Ric Formosa, and Roger McLachlan.

7/13/2010 Larry Gatlin & the Gatlin Brothers

1028 Georgia Road • Franklin, NC 28734

Phone: 866-273-4615 • Cost: \$20-30

Website: www.greatmountainmusic.com

Sponsor: Smoky Mountain Center for the Performing Arts
Description: Over 50 years ago, Larry, Steve, and Rudy Gatlin started singing in their little hometown of Abilene, Texas, and from there went on to make music history. Over the course of a four-decade career that has taken the Gatlin Brothers from dusty Texas stages to White House performances, from Broadway to Grammy Awards to the top of the country charts...

7/16/2010 Doc Watson & David Holt

1028 Georgia Road • Franklin, NC 28734

Phone: 866-273-4615 • Cost: \$15-20

Website: www.greatmountainmusic.com

Sponsor: Smoky Mountain Center for the Performing Arts
Description: Recipient of the National Medal of Arts, National Heritage Fellowship, and five Grammy Awards, Doc Watson is one of our nation's musical treasures. Grammy Award-winner David Holt is an acclaimed multi-instrumentalist, storyteller, historian, and television host.

7/16/2010 Blake Shelton in Concert

1411 Music Hall Road • iawassee, GA 30546

Phone: 706-896-4191

Website: www.georgiamountainfairgrounds.com

Sponsor: Georgia Mountain Fairgrounds

Cost: \$45 & \$35 plus a \$2 handling fee.

Description: Don't miss country superstar, Blake Shelton as he takes the stage on July 16, 2010. The concert will be held in a 2900 seat, Air Condition hall at the Georgia Mountain Fairgrounds located in the beautiful mountains of Hiwassee, Georgia. Tickets go on sale June 4, 2010 and prices are \$45 & \$35 plus a \$2 handling fee.

7/16/2010 - 11/8/2010 Mountain Arts Association - Summer Fun

lower level of the lodge • Young Harris, GA 30582

Location: Brasstown Valley Resort

Contact: Mary Taylor • Phone: 706-896-9739 • Cost: Free

Email: maa2004@windstream.net

Website: www.hiwasseefestivalofarts.org

Sponsor: Mountain Arts Association

Description: You are cordially invited to view the work of MAA member artists at the BVR Art Gallery.

7/21/2010 - 7/31/2010 Georgia Mountain Fair

1311 Music Hall Rd. • Hiwassee, GA 30546

Location: Georgia Mountain Fairgrounds

Contact: Georgia Mountain Fairgrounds

Phone: 706-896-4191 • Email: gamtfair@windstream.net

Website: www.georgiamountainfairgrounds.com

Sponsor: Towns County Lions Club

Cost: \$9.00 Per Person (+\$2 parking) Children under 9 free

Description: Look forward to the 60th annual Georgia Mountain Fair, held at the historic Georgia Mountain Fairgrounds this summer. Thousands of visitors from across the region have experienced the excitement and nostalgia that the event has to offer. With first class musical performances, fun carnival rides, unique attractions and a glimpse into North Georgia's rich history and culture, the Fair provides something for every member of the family. For daily events visit www.georgiamountainfairgrounds.com



Aromatherapy – Sage Essential Oil

Common sage, clary sage, and Spanish sage essential oils are related (but derived from different plants). Each has

its own distinct properties and uses may overlap. Of the three, common sage oil is sometimes considered toxic and should

Writers' Night Out in Hiwassee



Robert L. Lynn

Robert L. Lynn, poet, will read from his new book at Mountain Perk Coffee House in Hiwassee, GA, on July 9. The program begins at 7 p.m. with his reading and is followed by an Open Microphone for those who'd like to share their own poetry or fiction. These light literary and musical evenings called "Writers' Night Out" take place on the second Friday of every month and are free and open to the public.

Robert L. Lynn took up writing poetry when, as a new college president, he discerned that students of that generation disliked speeches but loved verse. Four hundred poems and numerous poetry awards later, he recognized that his creative

bursts and best poetry came in the middle of the night, thus his new book's title, *Midnight Verse*. His poems have been inspired by people, scenes and events across a lifetime that pricked his mind and pen in the luster of his night sky. Robert has written or edited ten books, including his first book of poetry, *Service Yields Its Own Rewards*. He edited for three years *The Reach of Song*, poetry anthology of the Georgia Poetry Society. He leads a poetry group in Johns Creek, GA and presents his poetry twenty to thirty times a year across the Southeastern United States.

Those interested in participating in the Open Mic will have a chance to sign up at the event. Each writer will have three minutes to read fiction or poetry.

Mountain Perk Coffee House is located at 195 Main Street, next to Mull's Motel. Come early for a light dinner. The café features espresso and other coffee drinks, smoothies, sandwiches and sweets. For more information, please contact Mountain Perk Owner, Mary Lawrence at (706) 896-9385, or Writers' Night Out coordinator, Karen Holmes at (404) 316-8466 or kpaulholmes@gmail.com. NT(Jul7,9)SH

Rice to read at Coffee With the Poets



Estelle Darrow Rice

Estelle Darrow Rice, a native of North Carolina, is the author of *Quiet Times*, a book of spiritual poems, inspired by the mountains. Her poetry has also appeared in several anthologies. She is a respected writer and teacher in this area. Estelle recently

taught a writing workshop and will be teaching "Writing from the Wells Within" this month at The Writers Circle. Coffee with the Poets offers the opportunity to hear Estelle read her own words as they were intended to be read.

Please come for a morning of reading pleasure on Wednesday, July 14, 10:30 at Phillips and Lloyd Book Shop on the square in Hayesville, North Carolina. Estelle will be followed by an open mic, an opportunity for anyone who would like, to read and share their work. Coffee with the Poets is sponsored by Netwest and hosted by Phillips and Lloyd Book Shop. Coffee, tea and morning pastries are served for a small fee by Crumpets Dessertery. NT(Jul7,9)SH

be used with extreme care. All three sage essential oils are very powerful substances.

Common sage (*salvia officinalis*) essential oil is sometimes used to ease rheumatism, tension, and muscle pain. It is extracted from the familiar culinary herb used to flavor chicken and dressing.

Common sage oil may be added (in small amounts) to massage oils, rubbing tinctures, ointments, lotions, gargles, and other herbal remedies. Common sage essential oil is an effective natural deodorant, antiperspirant, and diuretic. It may be added to mouthwash when treating bad breath or mouth sores (but only a drop or two per cup). Common sage is safe to use as a green herb but the oil can be irritating even in small amounts. Common sage oil is extracted from a perennial plant that is native to the Mediterranean area.

Clary Sage (*salvia sclarea*) essential oil is used to treat digestive problems, nervous disorders, menstrual irregularity, and kidney disease. It should not be used when consuming alcohol (because it heightens the state of drunkenness).

Clary sage essential oil is used in aromatherapy as an aid to meditation. It brings about a feeling of well being and satisfaction. It is a feel-good essential oil that is well suited for treating women's problems and menopausal symptoms. Use clary sage essential oil for scarce periods, nervous fatigue, varicose veins, painful periods, anxiety, inflammation, labor pains, PMS, mature skin, and postnatal depression. Clary sage essential oil is considered to be non-toxic and is the preferred essential oil (over common and Spanish sage oil). Clary sage

essential oil is extracted from a perennial plant that grows best in high altitudes.

Spanish sage (*salvia lavendulaefolia*) essential oil is considered a cure-all in Spain. It is used to treat everything from headache to digestive complaints. Spanish sage essential oil is good for fighting skin infections, stress, gum infections, hair loss, and fluid retention. It is cleansing and detoxifying. Spanish sage essential oil is extracted from a shrubby evergreen that loves hot weather.

All types of sage essential oils can cleanse and purify the air in sick rooms.

**Always dilute sage essential oils before using in the mouth or on the body! Use sage oils in moderation and no more than for two weeks at a time. Do not use common sage oil or Spanish sage oil when pregnant, on babies, or in cases of hypertension or epilepsy. Keep all essential oils away from the eyes. Do not take essential oils internally without consulting a qualified professional. Always dilute essential oils with good carrier oil and test on small area of skin before use. Always consult with a health-care professional before using any herbal remedy especially if pregnant, nursing, or taking other medicines.* NT(Jul7,9)SH

Cancer freezing procedure

Freezing procedures available for breast, lung, liver, and prostate cancers. These procedures have been around for years, yet so many people do not know about them. Research information under www.radiologyinfo.org and look up procedure by name, Cryotherapy. NJ(Jul7,9)SH

Calling all Towns County crafters, cooks, and green bean lovers



its, good food, and more.

Admission to the festival and parking is FREE and NO entry fees are charged for the cooking and canning contests. Craft vendor booth fee is only \$35 for a 10 foot by 10 foot space on July 31st. All items displayed and offered for sale must be items personally produced, made, or created by members of a crafter's household.

Blairsville would like to invite all the crafters, cooks, and green bean lovers in Towns County to join us at the first Green Bean Festival! The Green Bean Festival will be held in Downtown Blairsville on July 30 and 31. Mark your calendars! Crafter applications should be turned in by July 14 and will be accepted from Union County and sister counties including Towns County, White County, Fannin County, Lumpkin County, Clay County NC, and Cherokee County NC.

On Saturday, July 31 from 7 a.m. to 5 p.m. Downtown Blairsville will be buzzing with festival activities including the Union County Farmer's Market (on the square for one day only), Country Craft Fair, green bean recipe contests, canning contests and classes, a green bean Fun Run, live entertainment, storytelling, Green Bean Pizza Eating Contests, quilting lessons by Misty Mountain Quilters, pressure canner checks, kid's activity center, 4-H Talent Show, Antique Tractor & Tool Show, going green exhib-

There will be a seminar at the Georgia Mountain Research and Education Center on Friday morning at 10 a.m. and a Diamond Beauty Pageant on Friday afternoon (registration starts at 4 p.m.). Who will be the first Little Miss Bean Sprout & Mr. Leather Britches? There is also an old fashioned square dance Friday night on the square at 8:30 p.m.

The Awards Ceremony will be held on Saturday afternoon (see website for time and location). An on-going shuttle service between the Historical Courthouse, Union County Civic Center, Canning Plant, and Mountain Life Museum will be available on Saturday. The Green Bean Festival is hosted by the Downtown Development Authority of Blairsville. For more information and to download craft vendor applications and guidelines, please visit www.greenbeanfestival.com or call Janet Hartman at (706) 994-4837. Have you BEAN to Blairsville? Come help us celebrate the green bean! T(Jul7,9)SH



Vote
Raymond
George
July 20th
!!!

Meet & Greet

Friday July 9th 4:30 p.m. – 6:30 p.m.

Hiwassee Gazebo in front of Towns County Courthouse

MEET:
Raymond George / Candidate for DA

Hot Dogs & Refreshments Served

EVERYONE IS WELCOME!

www.RaymondGeorgeforDA.com

Paid for by The Committee To Elect Raymond George lb2810 65b