

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.

- 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.

Lassie's Diner...from page 1

she served breakfast all day, fresh with each order. She also served collard greens, black-eyed peas with a choice of hog jowls or ham. Each order came with a freshly cooked slice of homemade cornbread, smothered in butter.

"I want to feed people like I like to be fed," she said.

As a child, Lassie grew up with a vision of being in the restaurant business. She always dreamed of having a hotdog stand called "Lassie's Doghouse."

When she finally had the chance to break out on her own, she chose the simple name of "Lassie's Diner."

An average breakfast platter includes eggs, and a choice of Country Ham, sausage, or bacon. It's served with the customer's choice of home fries or grits, and 12 ounces of coffee, tea or soft drink. The platter costs \$4.99 (add \$1 for Country Ham).

For \$2.25 customers enjoy cathead biscuits and huge scoops of sausage gravy. There's also an assortment of

breakfast biscuits the range from \$1.25 to \$2.50.

The most expensive lunch combo is \$6.50 for a Bacon Cheeseburger platter that includes lettuce, a tomato slice, pickles and onions. It's also served with home fries or cole slaw and a 20 ounce drink. Onion Rings cost 50 cents extra.

For those watching a waist line, Lassie also serves a garden salad for \$3.50, a Chef Salad for \$6 and a grilled or fried Chicken Salad for \$6.50. All are served on a bed of lettuce, tomatoes, onions, cucumbers and cheese. Dressings include Ranch, Italian and Thousand Island.

She also serves peanut butter and jelly sandwiches for \$1.50.

"Like I said, I want to feed people like I like to be fed," Lassie said.

Lassie's Diner beside Windy Hill Convenience Store, is open Monday-Thursday from 7 a.m. to 3 p.m.; on Friday from 7 a.m. to 9 p.m.; on Saturday from 7 a.m. to 3 p.m.; on Sunday from 8 a.m. to 4 p.m.

Pups rescued...from page 1

the lack of space and cost of care. However, they took them off our hands due to the nature of their predicament.

"They surely wouldn't have survived another night in sub-freezing weather without assistance," she said. "We want to say thank you to Officer Harkins for his assistance."

McBrayer and Jeffreys donated \$100 to the shelter to help care for the puppies. Officer Harkins purchased a bag of puppy chow to help offset the feeding costs.

The couple hopes that someone in the Towns-Union communities will help sponsor the puppies or possibly adopt one or more of the tan-colored pups.

"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.

Temptations...from page 1

nally written by the equally legendary Smokey Robinson.

"This one is for the ladies," Williams said in a cool, low tone. And soon enough Otis asked the audience to raise and light up their cell phones, phoning in perfect illumination as if inspiring candlelight for their next song, *You Are Necessary in My Life*. Next up was their 1998 hit single *Stay*, which is reminiscent of one of their most notable and beloved songs, *My Girl*, the very song that soon followed.

"We just don't get that

sound around here enough," said one thrilled and satisfied fan. "I was just a little girl when I first heard *My Girl*. For me it's the song of a lifetime that only comes around once."

The Temptations, which include Bruce Williamson, Joe Herndon, Ron Tyson, Terry Weeks, and original member Otis Williams, continue to withstand the test of time.

It's as if they're still in their 20s in 2010, showcasing talent that most newcomers today emulate yet barely come even close to capturing.

Shoney's closes...from page 1

renovation phase, Hiwassee's Ramada Inn at Lake Chatuge Lodge will offer breakfast to the public, Allen said.

The Lodge, which began renovations of its own in 2009, will continue to experience improvements in 2010 as its owners invest more than \$250,000 into infrastructure upgrades.

The Lodge will experience improvements in additional painting, additions of micro-fridges and cabinets in rooms, innovative personal cafes in rooms as well as new linens and bedding. Chatuge Resorts Inc. also will upgrade and improve heating and air conditioning systems in the common areas.

The Lodge also will continue to provide breakfast for its guests. The Lodge's meeting room also will continue to be available to rent for meetings, banquets, and luncheons.

Allen promised that the restaurant that overlooks beau-

tiful Lake Chatuge will be reopened as soon as possible during the next six months.

"And please remember that during this time the Lodge will offer to the public a basic breakfast and as always - meeting rooms," Allen said.

Shoney's was a happening place. It was the preferred destination of high school and middle school teams after match ups against the local athletic teams. However, as the economy tightened, the market share for local restaurants shrank to 40 to 50 percent. Something had to give, Allen said.

"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 Towns County community," Allen said.

New Year...from page 1

Rock and Roll classics that included Van Morrison's *Brown Eyed Girl* and *Lights* by Journey.

Carol Brooks, a visitor and business owner from Prattville, Ala., enjoyed visiting with her best friend Carol Stephens of Hiwassee.

"It's just a nice quiet place," said Brooks, just as the music was blaring. "Well, it's a nice quiet place aside from tonight, anyway. But the occasion calls for it."

As 2010 approached so had the drop in temperature, but that did not seem to have an impact on the crowd.

"It's a little warm in here, probably from all the people," said Thomas Barrett, banquet manager at The Ridges. "But it sure is fantastic in here tonight."

And it seemed to be warm and fantastic all over Hiwassee as Disco Night boogied its way into the New Year at Brasstown Valley Resort that very same evening.

Partygoers dressed in flashback 1970s era disco attire were given a warm, yet icy welcome as they witnessed a large, two-foot ice sculpture of John Travolta from the 1977 film classic *Saturday Night Fever* as it ornamented the banquet hall appropriately, just outside the dance floor.

Uptown Entertainment Band, or as they're known in Atlanta as U.E.B., supplied more than ample entertainment

for the party's chosen theme for Brasstown Valley's dynamite of an evening.

Glenda Dover, wife of saxophone player Rod Dover, enjoyed much of the evening admiring her husband from the dance floor, as well as Brasstown Valley's surroundings.

"This is our fourth year here. They asked us to come back this year and we couldn't say no. We've played other big parties in Atlanta, which we love, but this year coming here made it much easier," she said. "We like it here and they like us here. It seems to work perfectly."

Uptown replicated the disco perfectly, taking to the max with funk such as 1978's *Boogie Oogie Oogie* by A Taste of Honey as well as an uncanny version of Patti LaBelle's 1974 smash hit *Lady Marmalade*.

"This is something we have every year and it keeps getting better. Turnout is great and the band is really, really good. Tickets for tonight were sold out," said Adam Nelson, Brasstown Valley's banquet manager.

Café Portofino also hosted a night of music of a different genre with the harmony of the Charles Milne Quartet, adding to Hiwassee's vast array of entertainment that fine tuned the closing credits of 2009 and the welcoming of a New Year that will play a tune full of hope in every range.



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



Brasstown Valley Resort was hopping New Year's Eve as partygoers danced in the New Year disco-style. Photo/Jessica Keaton