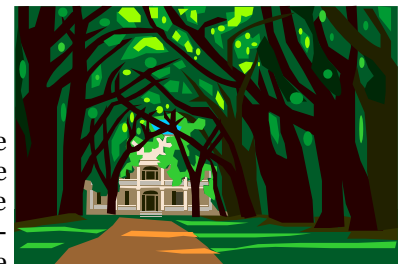




News Around The Inn

Georgia's Antebellum Trail



More than 140 years have passed since the Union fought the Confederacy in the American Civil War (1861-65). For many Americans, however, it almost seems like yesterday. The epic novel - and later film adaptation - "Gone With the Wind", have helped keep memories alive. So have regular re-enactments of major battles, complete with cannon blasts, by civil war enthusiasts. And then there are attractions like the Antebellum Trail, a 93 mile long, pre-war-heritage route in the southern US state of Georgia which marks its 25th anniversary this year.

Many of the windowpanes in Heritage Hall, a splendid Greek Revival mansion in the Antebellum Trail town of Madison, are covered with small scratches. The marks are somewhat disfiguring, but have an interesting story to tell. "That's how the daughters of the house used to see if the diamonds in their engagement rings were genuine," explained Betty Maxey, a tour guide at the house. The scratches show that the women's fiances had money, as "only a genuine diamond cuts glass", Maxey pointed out.

Built in 1811, Heritage Hall is one of many jewels along the Antebellum Trail, and has been a museum since 1977. When you step into the living room, it is easy to picture the slaveholding society's elite sitting there at the dining table, which is decorated with fine porcelain.

Madison lies approximately in the middle of the Antebellum Trail and has a high concentration of buildings dating from "before the war", which is what the Latin word "antebellum" means. Main and Academy streets alone are lined with nearly 40 19th-century buildings in all. The reason for so much historic architecture in such a small area is that Union General William T. Sherman did not burn Madison down - as he did many towns - when he and his soldiers marched from Atlanta to the Atlantic in 1864. And old homes were not simply demolished in Madison either, Williams noted.

Such was not always the case in the town of Athens, the northern end of the Antebellum Trail. It still has at least two dozen homes predating 1861. Part of Athens' Civil War legacy is the Double Barreled Cannon in front of City Hall. It still points north - "just to make sure", the town's residents joke, as if the Civil War could flare up anew.

Among the 19th-century homes in Athens open to the public is the TRR Cobb House. Cobb was a prominent Georgia lawyer and officer in the Confederate army. The history of the house is moving in more ways than one: in 1985, it was transported more than 62 miles away to Stone Mountain Park, near Atlanta, then returned in 2005.

Built in 1834, the TRR Cobb House was restored to reflect the styles of 1852-1862. Hanging on a wall in its library is a map of the US, printed in Germany, that differentiates between Union states and slave states.

Besides Madison, Athens, Watkinsville and Macon, the Antebellum Trail offers plenty to see in Eatonton, Old Clinton, near Gray, and Milledgeville, Georgia's former capital. Milledgeville, like Athens, is a university town. One of its institutions of higher education is the Georgia Military College (GMC). Milledgeville's Old Capitol Building, home of the state legislature until 1868, is now part of the GMC campus. A permanent exhibition on Georgia's history there is open to the public.

Another historic building in Milledgeville accessible to tourists in Milledgeville accessible to tourists is the Old Governor's Mansion. You get a strong sense of the pre-Civil War American South there, too, from the head slave's bedchamber to the children's room, where the dolls seem to have been held by the governor's daughters just moments ago.

Great Travel Websites



www.expedia.com: all-inclusive booking site.

www.travelocity.com: one look at the Travelocity Customer Bill of Rights is enough to know that this company cares about your travel needs. The Travelocity Guarantee is the most proactive and comprehensive in the industry.

www.gotoday.com: good for last-minute travel deals.

www.virtualtourist.com: get insider destination advice from fellow travelers—450,000 members from 220 countries—who have just been there.

www.lastminute.com: finds unsold airline seats, hotel rooms, and rental cars and bundles them into reduced-rate vacation packages for last-minute travel.

www.webflyer.com: details the pros and cons of different frequent flier programs.

www.longtermparking.com: by using this website, which offers coupons for discounts on parking at (or near) 47 U.S. airports and several UK locations, travelers can save up to 70 percent.

www.hotwire.com: a robust site that not only offers some of the best travel deals available, but includes planning tools and tips for a smooth trip.

farecast.live.com: gathers data from all over the web so you can find out if airfare for a trip is rising or dropping over the next 7 days, if a hotel rate is the best deal based on past rates, and if there's a better travel offer on another site.

www.lastminute.com: all last minute airfare, hotel, attractions, and packages in one database.

www.priceline.com: puts the power of pricing back in your hands by allowing you to name your own price for hotels and pay no booking fees for flights, cars, or vacation packages.

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.” ~James Dent

Summertime Tips to Stay Cool



➤ If your area cools off in the evening, take advantage of the cool evenings to cool off your entire house. Open windows and doors with screens to bring the inside temperature down.

➤ Consider using a whole-house fan. It is a "natural evening air conditioner."

➤ In the morning, close up your house and draw blinds and drapes so the house stays darker and thus cooler.

If you have venetian blinds, close them or angle them upwards. That way, light is reflected up and into the room and direct rays of the sun are not let in.

➤ Set your thermostat to 78 degrees when you are home and 85 degrees when you are away. For the infirm, elderly, and those who have trouble maintaining body temperatures (such as diabetics), set your thermostat lower (72 to 75 degrees) when you are home.

➤ Drink lots of cool, non-alcoholic fluids. If you're exercising or working, drink 2 to 4 glasses of water an hour. Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar - these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.

➤ Don't wait until you're thirsty to drink. Drink more fluids (nonalcoholic) regardless of your activity level. Don't rely upon thirst as an indicator of your need for water; it's not reliable in very high heat.

➤ NEVER leave anyone in a closed, parked vehicle. Certainly don't leave children or pets in a vehicle, even for "a few minutes." Heat builds up rapidly to exceptionally high temperatures in a closed vehicle, and it doesn't take much exposure to make children or pets very ill.

➤ Avoid hot foods, and keep meals light. Foods (like proteins) that increase metabolic heat production also increase water loss (the body has to work harder - and use more blood - to digest heavy foods).

Recession Travel: Must Have Summer Tips

Planning on taking a trip this summer? One summer ago, gas prices were at an all-time high, stay-cations were all the rage, and the annual summer getaway seemed like something out of a 1950's-era Norman Rockwell calendar. What a difference a year makes.

Now, instead of skyrocketing fuel and agoraphobic family outings, the culture of the summer vacation has changed completely. Gas prices have come down by nearly half of their previous highs. Hotels and resorts are desperate to gain customers. License plate bingo is now available as an iPhone app. There's nothing standing in the way of mom and pop throwing the kids in the car and heading off toward some random national landmark... Oh yeah. There is that whole recession thing.

But even a recession can't keep down an adventure-seeking, fanny-pack-toting American this summer. There are recession-proof ways of beating the work week blues, even for those people whose work weeks have suddenly involved a lot less work. Cheap alternatives to travel are everywhere nowadays, and most of the credit should go to auction-style vacation websites like Priceline.com and Hotwire.com. Here's how they work: Hotels, airlines, and rental car agencies invariably have leftover inventory that doesn't sell, be it rooms or seats or smelly old Dodge Neons. Their solution is to hand the selling duties over to these auction websites so that they can move some of their stale services. The auction sites, in turn, ask customers to bid on certain packages in their destination city, and then the sites take the highest bidder. It works for the hotels, flights, and rentals because it doesn't let off the appearance of desperation or price-cutting. It benefits the auction sites because, well, people are giving them money. And it benefits Joe Vacationer because he just got a room in a five-star hotel for \$179 a night.

Ah, but what would a deal be without a catch? The auction sites are great, but you have to be prepared to deal with the consequences of a decision. Purchases are nonrefundable. Actual hotel, plane, and rental names are not revealed until after you sign on the dotted line. It's a big commitment to make, but it's also a big savings to be had.

Working with either website can certainly cut down on the expenses of traveling. And if an auction site doesn't tickle your fancy, there are still many other options to choose from, too. Places like Orbitz, Expedia, and Travelocity claim low-price travel as well.

This summer, there really is no excuse not to hit the road or fly the friendly skies for a little R&R. Gas prices are low. Travel destinations are desperate to have you. And online travel sites have rendered the recession moot.... Well, maybe "moot" is the wrong word. You might have to settle for the three-star hotel at the two-star price.

A **Gaslight Inn Gift Certificate** is the perfect way to let someone know just how special they are. It can be purchased in any dollar amount or you may choose to specify a room or suite. Personalize it with your own sentiment. They make a great Birthday, Anniversary or Wedding Gift—or to tell someone how much they are appreciated. It's the right color, right fit and guaranteed to bring a smile to their face.

Summer Travel Trivia

- ◆ The average cruise ship burns approximately 1 gallon of fuel to move just 6 inches.
- ◆ The wingspan of Boeing's 747 is longer than the Wright brothers' first flight.
- ◆ Carnival Cruise Lines puts more than 10 million chocolate mints on their guests' pillows every year.
- ◆ Alaska has more coastline than the entire continental United States combined. That's over 47,300 miles of places to get your feet wet.
- ◆ By eliminating 1 olive from each salad served in first-class, American Airlines saved \$40,000 in 1987.
- ◆ Royal Caribbean's 142,000 ton behemoth, "Voyager of the Seas," is the first ship ever to have its own zip code (33132-2028). Hosting up to 3,114 passengers, it's approximately 42,000 tons larger than the U.S. Navy's largest aircraft carrier, and features a 15,000 square foot fitness center, 9-hole golf course, 200-foot rock-climbing wall, two-story library containing over 3,000 books, and a regulation-size ice skating rink!



The Gaslight Inn Bed and Breakfast

1001 Saint Charles Avenue NE
Atlanta, Georgia 30306

Phone: 404-875-1001

Fax: 404-876-1001

Email: innkeeper@gaslightinn.com

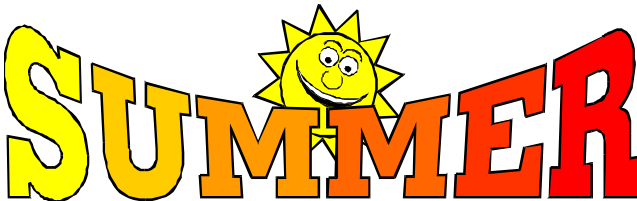


Bet You Didn't Know This About Sweet Tea



The oldest known recipe for sweet iced tea was published in 1879 in a community cookbook called *Housekeeping in Old Virginia*, by Marion Cabell Tyree. This recipe calls for green tea. In fact, most sweet tea consumed during this period was green tea. However, during World War II, the major sources of green tea were cut off from the United States, leaving them with tea almost exclusively from British-controlled India which produces black tea. Americans came out of the war drinking nearly 99 percent black tea.

Sweet tea is a form of iced tea in which sugar or some other form of sweetener is added to the hot water *before* brewing, while brewing the tea, or post-brewing, but **before** the beverage is chilled and served.



Taking Care of Pets in the Summer Heat

This is the time of the year when the temperatures begin to rise. Whether it's in the 80s or 30s, what do we do with that favorite pal who spends his days and nights outside? When an animal spends time outside, they still needs shelter, food, and plenty of clean water. Have you ever noticed that a dog that is outside all the time will dig in the grass or dirt until there is a hole large enough to get into. It's so much cooler lying in the dirt. But what is better is being in the house with his/her family. Dog house? It should be in the shade and turned so the opening is away from the wind. A blanket or dry bed of straw should be waiting to give your pal a soft cushion to sleep on. Get a heavy water bowl that can't be easily turned over and keep it filled with cool water. Keep it close so your dog can get to it because it can get dehydrated without plenty of water.

Pets are like kids. They don't ask to be brought into this world, but when you make the decision to add a pal to your family, accept the responsibility that goes with it. When you bring that pal into your life and home, treat them with respect and love it forever. That love will be returned to you more times than you can count.

Warm Weather Rock

The sun, the beach, convertibles with their tops down, lazy days and crazy nights. Spring and summer have been depicted, dissected, wished for, worshiped, and honored as much as any musical subject (with the possible exceptions of sex and drugs).

Here's a look at some of the rock songs that best depict the (mostly) bright side of the warm weather days of misspent youth.

"Summer in the City": Lovin' Spoonful. *"Hot town, summer in the city ..."* was the anthem for hot July nights in the summer of 1966 when it was a #1 single from the album *Hums of the Lovin' Spoonful*. It makes the back of your neck feel dirty and gritty just thinking about it.

"Summertime": Billy Stewart. *"Fish are jumping and the cotton is high ..."* suggests a "summer in the country" counterpoint to the Lovin' Spoonful's homage to hot weather. Billy Stewart's rendition -- the album version with more scat and a hot sax not heard on the radio single -- is the best.

"In The Summertime": Mungo Jerry. Billy Stewart didn't have anything on these guys when it came to making vocal sound effects. Their first #1 single was imminently sing-alongable with lyrics like *"Da da da dee da doo dee da dee da dee da da."* They also had a solid list of great ways to waste your time *"when the weather is fine ..."* like swimming in the sea, driving fast, drinking, and having *"women on your mind."*

"Hot Fun in the Summertime": Sly and the Family Stone. The best version of this often-covered summer song about a *"county fair in the country sun"* is the one recorded by Sly and the Family Stone shortly after their performance at Woodstock in 1969. The fact that *"them summer days"* caused English teachers to cringe just made it that much more popular with a generation of rebellious youngsters.

"All Summer Long": The Beach Boys. No self-respecting list of songs about summer would be complete without at least one song by the Beach Boys, for whom summer provided the basis for a musical genre unto itself. It's summer summarized: *"T-shirts, cut-offs, and a pair of thongs ... we've been having fun all summer long."*