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July 2022

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PUBLISHER'S *note*



Even Highlands and Cashiers can't escape the dog days of summer.

It's hot, it's humid, and storms are a regular occurrence... But that is where a bit of perspective comes in. Highlands' version of hot, humid days are nowhere near the same as Atlanta, Charleston or New Orleans' hot and humid days.

Despite temperatures being a little bit above most folks liking, there are plenty of ways to stay active and not break a sweat. In this edition of Mountain Life we spotlight some of the events, organizations and activities available on the Highlands-Cashiers Plateau.

From wading in a cool creek, to finding shade on a local golf course, there are options to make the longest summer days enjoyable.

A wide array of lodging options, numerous world class restaurants and some of the beautiful scenery anywhere in the Eastern United States all come together to make Highlands and Cashiers top tier destinations during the summer.

Whether you are a full time resident, a seasonal guest or a short-term visitor, we hope the Plateau surpasses all your expectations.

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MOUNTAIN*Life*

Summer 2022

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- BY RYAN HANCHETT

NEW HIGHLANDS Fire Department

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The anticipation of moving into a new home brings excitement, anxiety and stress.

For members of Highlands Fire and Rescue, the excitement far outweighs the trepidation. With a new fire station set to open later this summer, the department is already getting familiar with the building in progress.

“I know all of our volunteers are really looking forward to this building being open and having the kind of space we need to best serve the community,” Highlands Fire and

Rescue Chief Ryan Gearhart said. “When the new station opens it will be among the biggest and best fire departments in the entire region.”

The Highlands Board of Commissioners approved the purchase of the lot at 134 Franklin Road in August 2020. A zoning change and the subsequent approval of \$6,897,000 to build the structure were given the green light one month later.

Grading and site prep began early in 2021 with construction ramping up during the summer. Building a fire station is a mon-



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umental task, and Gearhart noted that there has been an army of subcontractors and construction workers who have had a hand in the project.

“Just today, we have three electricians, two plumbers, two guys working on the sprinkler system, a team of guys doing spray coating on the beams, and I don’t even know how many other various workers are here on site,” Gearhart said in June. “Everyone can see the light at the end of the tunnel now that most of the work is on the inside of the building.”

DR Reynolds Inc. is in charge of the construction project. The company has built more than two dozen fire stations in the past 15 years, but Gearhart noted that one attribute makes Highlands’ new station stand out.

“Everyone can see the light at the end of the tunnel now that most of the work is on the inside of the building.”

“(DR Reynolds) has never built a two-story fire station like what we are doing here, but you’d never know that based on the job they’ve done,” Gearhart said. “Not only does the building look great, but once you get inside you can already see how well planned and functional it’s going to be.”

The first floor of the building will feature six pull-through truck and trailer bays, capable of accommodating 12 vehicles, administrative offices, restrooms and a training room. The second floor will consist of sleeping quarters, a fitness room, a kitchen and additional restrooms.

Having sleeping quarters will allow Highlands to have 24/7 paid fire department coverage, a move Gearhart anticipates in the near future.

"When you look at the increases in call volumes we have experienced in recent years, there is no indication that those numbers are going to decrease," Gearhart said. "More people are staying in Highlands year-round now, and people are coming up here and vacationing more often. Whenever you have an increase in people, you are going to have an increase in calls."

Not only will the new station suit the fire department immediately when it opens, either in August or September, but it will serve the town decades into the future.

"When you think about the life of a fire station it really is a lifetime investment," Gearhart said. "We anticipate future growth of the town's population and growth in the needs of our department, but even with that growth we won't ever outgrow this building."



Even the hassle of moving from the current station on Oak Street to the new station hasn't slowed the enthusiasm of Highlands Fire and Rescue staff or volunteers.

"We have guys who are excited to

come load equipment and pack things up," Gearhart said with a grin. "Everyone is ready to be in our new home, even if that means a lot of work is still ahead of us in terms of moving in and getting settled." ■

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CASHIERS ANNUAL Antique Show

Back AND better THAN ever

- BY KAYLEE COOK -

The Cashiers Annual Antique Show will be returning on Friday, Aug. 5 through Sunday, Aug. 7 at the Village Green Commons after being canceled for two years in a row.

The show, which will be in its 44th official year, was originally held at the Blue Ridge School for the first 43 years. It was canceled in 2020 due to the COVID-19 pandemic and was canceled again in 2021 due to the school implementing a summer school program.

"The show started originally not at Blue Ridge School, but at the old Rec Center. Now, there's a discrepancy on which year they started counting the show, so this would be the 46th annual except we just kept carrying the 44th over because of COVID, so it's still the 44th in order to be consecutive," event organizer Hazel Giles said. "So if you look at it that way, 46 years ago is when it started, but there's a discrepancy on the exact year."

The show was originally started by Cashiers resi-

dents Lyn K. Holloway and Ruth Raedisch, who originally owned the rights to the show, as a benefit for the Blue Ridge School. Rights to the show were purchased by Highlands resident Pat Benton until Giles purchased them around 15 years ago, and the show was then expanded from 19 exhibitors to about 55-60 exhibitors.

"That was a real feat because we used every possible space," Giles said. "And we dealt with construction, we dealt with electrical wires hanging out of the ceiling, several years back and we had another one where a dealer who handled beautiful linens had the ceiling open up from condensation in the cafeteria right in the middle of her booth. We got a big trash can and we got another big trash can and she went right on selling, I mean there's a lot of interesting things that have happened over the years and we've always managed to work around them."

This year's show will feature more than 40 exhibitors, and it will mark the first year since the official



beginning of the benefit show that it is not held at the Blue Ridge School. In the past, a portion of the proceeds from the show had been donated to the school and another portion had been used to fund a scholarship which would be awarded by the school at their discretion.

"I also started a small scholarship, which was based mainly on the second quilt we had and that was a scholarship quilt," Giles said. "My kids came from all over and my grandkids came and they helped sell tickets. I never asked the school or the students to come and sell tickets. We did it on our own. That was all and it wasn't a huge scholarship, but they got that for all the time I was there as well. And every little bit helps. But, there was never any input as to who I thought should get the scholarship. I left that entirely to them."

Giles hopes to donate a portion of this year's proceeds to other local businesses, such as the Cashiers Fishes and Loaves food pantry, to help bolster the community.

"I think they do so much good," Giles said. "And they are hurting big time and this would be a big boon for them if I can help with that. And then there are several other organizations that I would work with, but I know that Fishes and Loaves does a lot and that's one area I'd like to help."

The show will have a myriad of different items, all of which will span a wide swath of time, from exhibitors all across the United States, including the Carolinas, Texas, Ohio, Alabama, Tennessee, Georgia, Florida and more. Additionally, the show has drawn exhibitors from different countries such as England.

"I have just started in the last few years to allow mid-century modern to some degree, we don't do a ton of it, but it's become so popular that we do have some mid-century," Giles said. "But we have 17, 18 and 19th century furniture, porcelain, jewelry and silver. We have just about everything you could imagine as far as this show and some very unusual, small details."

The show has always made it a priority to make sure anyone can find something to buy within their budget, Giles said.

"Everybody can find something that they'd like to collect that's in their pocketbook range," she said. "You can find something to buy, whether you're buying a gift for someone, you're buying something for your home, you're adding to your collection. That's why we have that early buying for people that are ready to knock the door down so to speak, to get in and see what's there."

Antiquing has long been a big deal across the country, especially in the mountains as it is the biggest way that the folklore and history of Appalachia has been preserved.

"There's a lot of history involved," Giles said. "I've always felt like I learned history, both American and European, in the antique business more than I ever learned in school. You know, the evolution of

“The evolution of everything is surrounded by antiques, because that's a part of the Appalachians.”



everything is surrounded by antiques, because that's a part of the Appalachians."

One major facet of the show is the education that one can receive from antiquing and learning more about antiques in general.

"That part of understanding our country, or any other country, is extremely important and it helps us to have a better overall view of people's outlook on life and how different countries affect us and how we affect them," Giles said. "There's just a lot that's involved with antiques, every little thing you think about whether it was transportation, whether it was food, whether it was sanitary conditions, antiques are part of everything."

The show is not only for those who are already knowledgeable about antiques, but also those who are just starting to develop an interest. Giles said the show is one of the best places to learn about the art and history of antiquing as the exhibitors are always encouraged to take the time to talk with the customers and answer their questions.

Early buying will begin at 7:30 a.m. until 9 a.m. on Friday, Aug. 5. Regular hours for the show are 9 a.m. to 5 p.m. on Friday and Saturday and from 11 a.m. until 4 p.m. on Sunday. Early buying and regular show tickets can be purchased at cashiersbenefitantiqueshow.com. Early tickets cost \$30 and regular tickets cost \$15. All tickets are good for all three days. ■

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Rotary Club of Highlands *Busy* SUMMER AHEAD

- BY RYAN HANCHETT

Summer in the Western North Carolina mountains just wouldn't be the same without the Rotary Club of Highlands.

Whether it's cooking up hundreds of free hot dogs on Independence Day, or organizing one of Western North Carolina's most popular road races in August, the Rotary Club is active in giving back to the community through a multitude of events.

The club starts its fundraising each year with the annual Rotary Club Golf Tournament at Highlands Country Club. Giving non-members the opportunity to play the exclusive country club makes for an easy

sell among golf enthusiasts.

"We had a great day for our 2022 golf tournament and the event as a whole was extremely successful," Rotary Club of Highlands President Tom Graham said. "Highlands Country Club is always so gracious to allow us access to the golf course. No one ever has any complaints about the venue. Overall, the tournament is a fun event and the money raised goes back into the community through our scholarship program and other giving opportunities."

The Rotary Club awards multiple scholarships to students from Highlands School who choose to pursue higher education each year.

Fourth of July

On the heels of the golf tournament, the club's attention turns to its biggest undertaking of the year. Highlands' Fourth of July celebration is unlike any in the region and the Rotary Club is front and center on the premiere day.

While events for children and adults are taking place on the Town of Highlands baseball field, club members are busy firing up the grill. Every year hundreds of free hot dogs are handed out to the public by friendly Rotarians in their matching blue shirts.

"This year we had 1,000 hot dogs and drinks to give out, and they are always a hit with people – especially the kids," Rotarian Scott Carter said. "It's a great outreach opportunity for our club and our members that volunteer have a lot of fun doing it."

Along with the hot dog cookout, the Rotary Club also hosts a duck derby in Mill Creek on July 4 each year. Participants purchase their individually numbered rubber ducks for \$10 each and then cheer as the ducks "race" down the creek to the finish line. Cash prizes are awarded to the owners of the first seven ducks to complete the derby.

Proceeds from the 2022 duck derby will be used to help Highlands resident Seth Staffelbach get life-changing dental work completed.

"Seth is a local kid, he's just a humble, hard-working young man and when we saw an opportunity to help him we didn't hesitate," Rotarian and duck derby organizer Jerry Moore said. "The dental work he needs is going to cost around \$10,000 and that's an amount of money most teenagers just don't have, so we were glad to help."



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Twilight 5K

A little bit of running, and a whole lot of party. That is how visitors describe the Highlands Twilight 5k.

The event begins with a 3.1-mile run through the streets of Highlands, beginning and ending in Kelsey-Hutchinson Founder's Park. As a US Track and Field certified course, the Twilight 5k draws runners of all skill levels from across the Southeastern United States.

"Despite our location in the mountains, the race course is relatively flat, which lends itself to good qualifying times for competitive runners," Rotarian and race organizer Derek Taylor said. "For recreational runners, the course offers beautiful scenery and the opportunity to post a potential personal-best time."

After the race, there is an awards ceremony followed by a free concert on the stage at Founders Park that draws spectators whether they logged the 3.1 miles or not. Proceeds from the race benefit The Literacy and Learning Center of Highlands.

The 2022 Rotary Club of Highlands Twilight 5k will take place at 6 p.m. on Saturday, Aug. 13. The cost to register is \$35 in advance, or \$40 the day of the race. Children ages 5-10 can register for \$10. To sign up, or for more information, visit www.runsignup.com and search "Twilight 5k." ■



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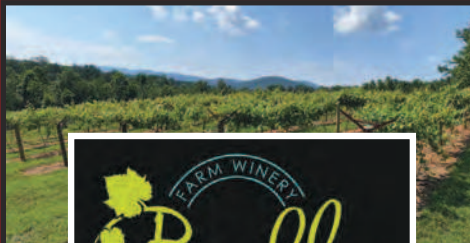
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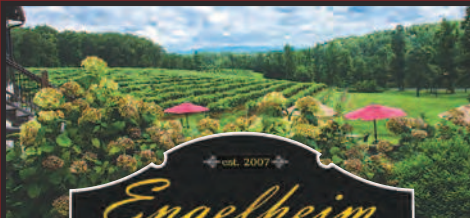
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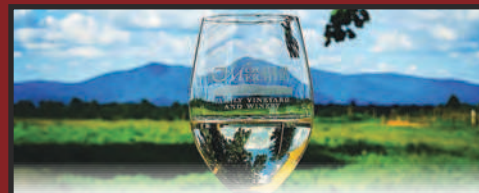
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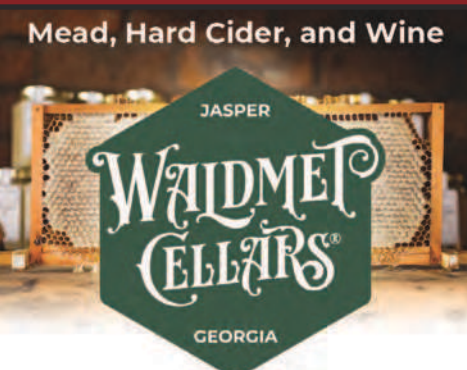
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CELEBRATING

25th
YEAR

Cashiers
Designer
SHOW
HOUSE

- BY MICHAEL O'HEARN

PICTURED

Above:

Margaret Keith Smythe Meacham, co-founder of Reed Smythe & Company in 2019.

Next Page:

Drew English, local gardening expert.

The 25th annual Cashiers Designer Showhouse is coming back next month in a big way, welcoming more than a dozen designers from across the Southeast to work on a home in a new neighborhood at High Hampton.

The Cashiers Designer Showhouse, scheduled for Aug. 26 through Sept. 4, is the largest annual fundraiser for the Cashiers Historical Society and showcases

design talent from the Plateau as well as other designers from Alabama, Georgia, North Carolina, South Carolina, and Tennessee.

This year's Showhouse is a classic mountain retreat designed and built to the exacting style and quality standards of Dillard-Jones, which has an office in Cashiers. The home is in Fieldstone, the newest neighborhood in The Club at High Hampton.

Mon, August 29

Jason Bell

PRESENTING "Honoring Tradition, Celebrating Innovation"

TIME: 2 p.m. **LOCATION:** Pavilion at High Hampton, 1525 Hwy. 107 S. in Cashiers

COST: \$75 per person, includes lecture and a sumptuous selection of desserts

Wed, August 31

Margaret Keith Smythe Meacham

PRESENTING "Entertaining at Home: An Exercise in Disaster and Delight"

TIME: Noon **LOCATION:** The Chattooga Club, 1 Pavilion Way in Cashiers

COST: \$100 per person, includes lunch and lecture



Recognized designers from the Southeast will add their distinctive touches to the spacious four bedroom, four-and-a-half-bathroom house, which features a variety of work/play areas including the great room, an office, a solarium, and a loft.

The Designer Showhouse has been a popular tradition in Western North Carolina since 1997. The first showhouse was the family home of local designer Lynn Monday, a charming country cottage nestled on the edge of Cashiers Lake that was built in the 1930s. The home was later purchased in 1960 as a summer retreat by her parents, who first met at Cashiers Lake. Her mother saw the house and dreamed of living there one day.

Special events during the Designer Showhouse will begin with an opening night party from 6-9 p.m. on Aug. 25 hosted by Cashiers Historical Society board member Philip Bradley and local gardening expert Drew English, and the festival will include daily lectures and presentations highlighting design and entertaining ideas.

Bradley and English are planning an

immersive Argentine experience by recreating an "Asado," complete with local Gauchos serving a variety of authentic foods.

"The 'Cashiers Asado' will feature a highly curated selection of delicious, open-fired roasted meats, succulent seafood, and seasonally sourced vegetables, all prepared by our guest Gauchos," a statement on the Cashiers Historical Society's Designer Showhouse website said. "Patrons will dance the night away on The Village Green lawn to the vocal jazz sounds of strings, brass and percussion."

The event's keynote speakers will be Jason Bell of Blackberry Design and Margaret Keith Smythe Meacham, the co-founder of Reed Smythe & Company in 2019 with the late writer and entertainer Julia Reed. Reed Smythe & Company has grown since its founding to become a darling of the design world and a go-to shopping destination for those seeking unexpected pieces for their homes and gardens.

Prior to founding Reed Smythe, Meacham was also the co-founder of a children's education company, Homer Learning, and worked in education for

25 years. She is an amateur gardener, entertainer, and floral enthusiast and lives in Nashville.

Meacham will present "Entertaining at Home: An Exercise in Disaster and Delight," on Wednesday, Aug. 31 at noon at The Chattooga Club. The club is located at 1 Pavilion Way in Cashiers. The event is \$100 per person and includes lunch and the lecture.

On the other hand, Bell will present his lecture, "Honoring Tradition, Celebrating Innovation," on Monday, Aug. 29 at 2 p.m. at the Pavilion at High Hampton, 1525 Hwy. 107 South in Cashiers. This event is \$75 per person and includes the lecture alongside a sumptuous selection of desserts.

For each designer involved, they get to design a space in the house and put their puzzle piece together with the others to create one overall picture.

Think of working on this house like preparing a meal with a bunch of different ingredients spread out on the kitchen counter. On their own, the ingredients may seem inconsequential, but bring them together and they can create something spectacular.



Designers

at the event include:

- **LISA WESTER**, Lisa Wester Interiors, Birmingham
- **DOUGLAS HILTON**, DWH Interiors, Atlanta
- **STEPHANIE JARVIS**, Stephanie Jarvis Inc., Jacksonville, Fla.
- **NELLIE HOWARD OSSI** with **MRS. HOWARD**, Jacksonville, Fla.
- **JOAN ANDERSON**, Anderson Interiors, Cashiers
- **MELANIE COUCH AND NANCY DYLESKI**, Spruce Interiors, Highlands
- **FRANCIE HARGROVE**, Francie Hargrove Interiors, Cashiers
- **HOLLY LAUGHRIDGE**, Old Edwards Inn, Highlands
- **LYNN MONDAY**, Lynn Monday Home, Cashiers
- **LINDA PRYOR**, Atelier Maison, Asheville and Cashiers
- **SUSAN PEACE-VERNON**, Tribus Interior Design, Cashiers
- **LOUISE JOHNSON**, Louise Johnson Interiors, Spartanburg
- **SUSAN WOJNAR**, Blackberry Farm Design



Each designer will tackle a different room or space in the house in the Fieldstone neighborhood. For example, Hilton will take on the front porch, foyer and powder room, while Jarvis is in charge of designing the master bathroom and closets.

Laughridge is a designer who works at Old Edwards Inn's Acorns Boutique, and she's been part of the Designer Showhouse for the past four years. She is designing the main sitting room of the Fieldstone house this year.

"It's such a beautiful room that has huge doors that open up to the back patio, which is another living area all in itself," Laughridge said. "This house has so many different gathering spaces. It being the main kind of center of the house, I wanted to make sure that it has beautiful, soft colors that kind of go with a lot of things. I did use a pattern for the draperies that have a lot

of different colors in it. ... We don't really know what each other is doing until the big reveal. I think it's going to really flow regardless of what everyone else has done."

Her resume includes Half-Mile Farm and Glen-Cove, the new wellness community that held a ribbon cutting in late May.

"It's so much fun, I love seeing the new construction, and then the old construction houses," Laughridge said. "Last year, we had the tents, and that was an interesting concept. The year before that was our first COVID year,

and that was a new construction home in Silver Run. In the first year that I participated, it was an existing home in Horse Cove, an absolutely gorgeous property. But I feel like I've kind of gotten a taste of a little bit of everything in this past four years." ■

“ We don't really know what each other is doing until the big reveal. I think it's going to really flow regardless of what everyone else has done.



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Highland Excursion

Your official guide to all things Highlands

- BY CHRISTOPHER LUGO

PICTURED

Above:

Justin Kingsland, creator of Highland Excursion touring in Highlands, NC.

With a fleet of trucks and a handful of knowledge, Highland Excursion is a guide for visitors and residents alike to learn everything they need to know about Highlands.

...

Before creating the tour, founder Justin Kingsland was born in North Wales. After graduating from Military college and joining the 2nd Battalion Coldstream Guards, he was then selected for the British Army Special Forces.

"I joined the military very young," Kingsland said. "I went to what they call the Junior Infantry Battalion. Then I joined the 2nd Battalion Coldstream Guards. That is the oldest infantry battalion in the British Army."



PICTURED

Above:

Justin Kingsland in the driver's seat during a tour.

Next Page:

Kingsland with touring group at Dry Falls, along with his dog, Aussie, at Bridal Veil Falls.

I was stationed in Germany. I was pretty athletic, and so I got kind of bored and was worried about just standing around Buckingham Palace. So, I went into the Special Forces.”

After suffering an injury, Kingsland moved to the United States to work as an FAA commercial helicopter pilot instructor.

“It was always a dream of mine, because I watched the whirly bird’s show,” Kingsland said. “I did a lot of jobs flying helicopters and then one of my customers told me that I could make a lot more money in the corporate world and maybe own a helicopter one day. So, I got a job with BMW North America for about 17 years.”

While Kingsland was working at BMW, his wife, Sandy was diagnosed with brain cancer, who eventually passed away from the disease.

He ended up moving to Highlands

after her death because Highlands was where the two had their honeymoon.

“I came to Highlands because it was our favorite place,” Kingsland said. “When she died, I knew that I wanted to raise my daughter here. She is a beautiful girl, and this is a beautiful area.”

Kingsland decided to start Highland Excursion because he wanted to be outdoors.

“I didn’t want to be in an office, wearing a suit,” Kingsland said. “I wanted my own thing, and nobody was doing it at the time.”

From touting knowledge about the different plants in Highlands, to talking about the Moccasin War that happened on Main Street, Kingsland said there were several people in town that have helped him learn.

“I have a lot of local friends that have told me these stories,” Kingsland said.



“
I didn't
want to
be in an
office,
wearing
a suit.

“I work closely with the Biological Station and the Highlands Historical Society to learn all that I can.

Ran Shaffner at the historical society has really taught me everything that I could know about the history of Highlands.”

Kingsland also spent a year to obtain a USDA special use permit that allows him to navigate the Nantahala National Forest.

Along with Highland Excursion, Kingsland is also the President and founder of Warrior Survival School, a 501C3 non-profit organization teaching both veterans and first responders against stress and PTSD.

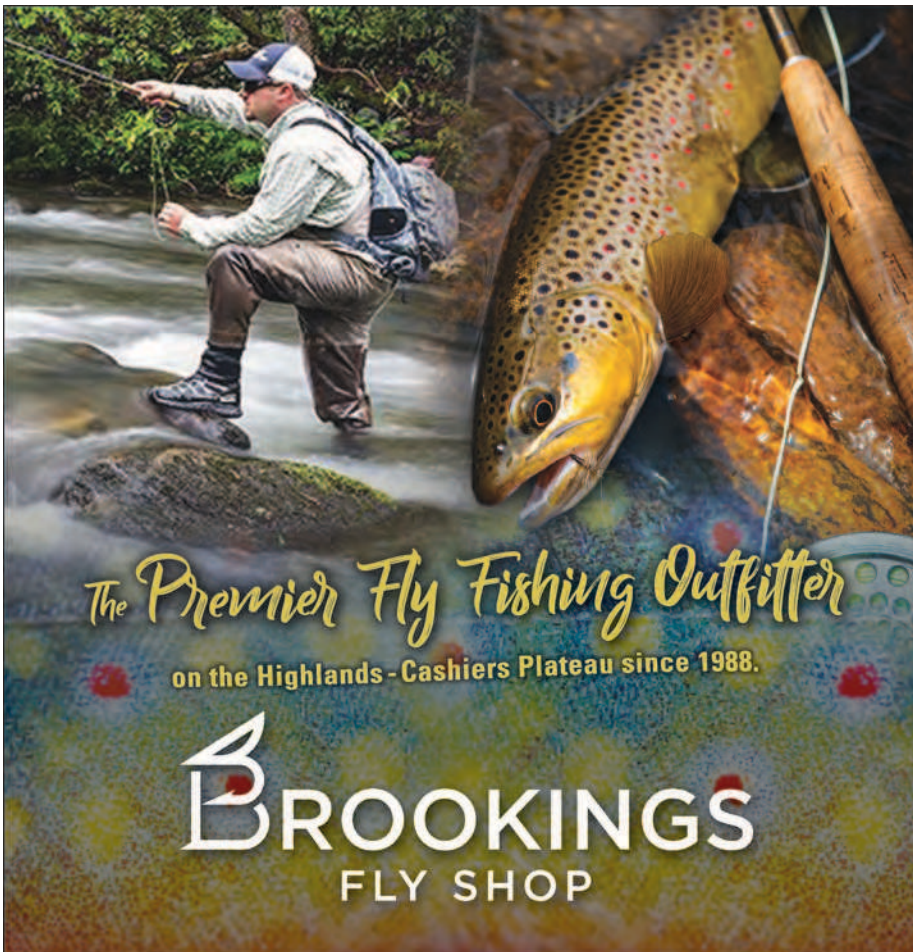
He has been married to Kelly Kingsland for the past five years. ■



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For more info about Highland Excursion, or to book a tour, visit highlandexcursion.com.





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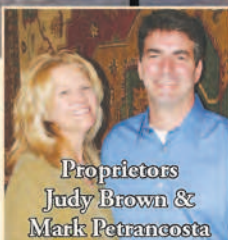
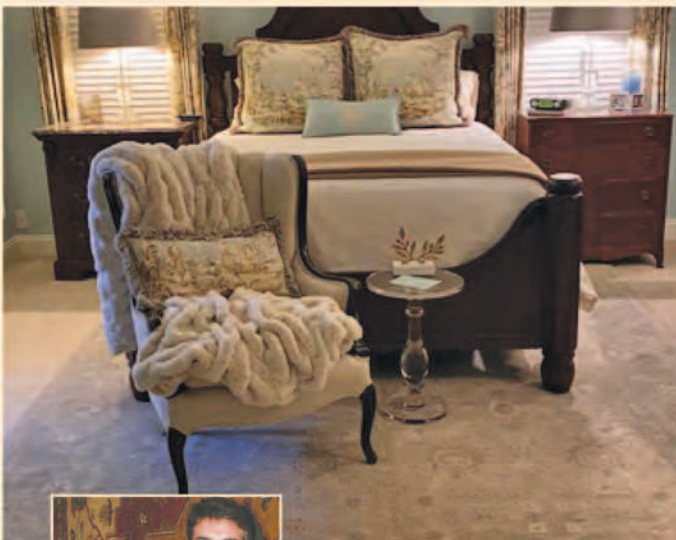
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Summer CALENDAR

Highlands Playhouse Summer Show

Jersey Boys

July 1 - July 24, 2022

Book by Marshall Brickman & Rick Elice

Music by Bob Gaudio

Lyrics by Bob Crewe

The story of Frankie Valli & The Four Seasons

They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story -- a story that has made them an international sensation all over again. Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony Award®-winning true-life musical phenomenon, Jersey Boys. From the streets of New Jersey to the Rock and Roll Hall of Fame, this is the musical that's just too good to be true.

Featuring the Legendary Top Ten Hits: "Sherry", "Big Girls Don't Cry", "Walk Like a Man", "Can't Take My Eyes Off You", and "December 1963 (Oh What a Night)".

Highlands Chamber Music Festival

The Festival's 2022 Season launches with Three Concertmasters on Friday, July 1, and Saturday, July 2.

This premiere performance will showcase the talents of David Coucheron of The Atlanta Symphony; Martin Chalifour of The Los Angeles Philharmonic; and David Kim of the Philadelphia Orchestra, with Elizabeth Pridgen on piano.

The festival celebrates Independence Day with American

Salute on Sunday, July 3. This suite will feature selections about America and works by American composers.

The regular Concert Series performances are held Fridays and Sundays at the Highlands Performing Arts Center – 507 Chestnut Street; Saturdays and Mondays at the Village Green Commons in Cashiers on Frank Allen Road.

For more information or to purchase tickets for the season or for individual concerts call (828) 526-9060, send an email to hccmfc@gmail.com, or visit h-cmusicfestival.org.

Low Country Shrimp Boil

The Low Country Shrimp Boil will be held on Saturday, July 9, at Oak and Pine Streets in Highlands.

Doors open at 5 p.m., and Dinner will begin at 6 p.m.

The \$70 includes a low country boil dinner, dessert and two drinks.

There will be live music by Back Porch Orchestra.

Tickets are available at www.foundersparkhighlands.org and the Dry Sink on Main Street.

The Bascom Exhibits

Imaginary Landscapes: Stories from the American South running from May 14 to Aug. 27. The works selected for this exhibition break down the barrier between stereotypes, folklore, and lived experience.

Observational and sometimes satirical, the works create a new map of the territory, a map whose borders shift and move through time. This is a show about the stories we tell ourselves and the ways we gather the contradictions of our identities and claim them as our own.

The exhibit is located in the Bunzl Gallery at The Bascom.

MONTH of JULY

Friday Night Live Concert Series:

TOWN SQUARE
FROM 6 PM – 8 PM

011 Highlands-based bluegrass band, Silly Ridge Trio, incorporates an eclectic blend of Americana and folk into their music.

081 Formed in the early 1980s, The Foxfire Boys grew out of its members' participation in The Foxfire Fund's Appalachian culture and music program in northeast Georgia. Performing bluegrass blends, it has since graced the stage at the Grand Ole Opry.

151 Featuring a mix of 70s pop, rhythm and blues, coun-

try folk, rock and bluegrass, Leadfoot Lily is comprised of two members of The Foxfire Boys band and their wives.

221 Offering laid-back, yet seasoned, country music, the Johnny Webb Band performs selections spanning more than 50 years with a down-home flavor.

291 Transylvania County-based Byrds & Crows play songs deeply rooted in the Appalachian Mountains, with styles ranging from bluegrass to folk to early country.

Saturday on Pine Concert Series:

KELSEY-HUTCHINSON FOUNDERS PARK
FROM 6 PM – 8 PM

021 The Swingin' Richards made its debut in 2001 opening in Charlotte for James Brown. Members of the Swingin' Richards have been part of the southeast's most beloved party bands.

041 The Business: With an old school flare, the eight members of The Business perform soul and rock-n-roll hits from the 50s and 60s as well as choice tunes from more recent decades.

091 Back Porch Orchestra: Shaped by their homegrown, traditional roots, Back Porch Orchestra performs original material rooted in blues, bluegrass, country and classic rock, as well as favorite hits from the 50s to today.

161 Based in the Clemson/Seneca, S.C. area, the Wobblers play a funky bend of roots, blues, hard bop, soul and country music.

231 Russ Wilson and His Famous Orchestra: For more than four decades, Russ Wilson has worked as a professional musician, playing jazz – his first and true love – rock, country, gospel, blues, Broadway-style and symphonic.

301 Bill Mattocks: A true blues legend, Bill Mattocks hails from the Pacific Northwest. In Western N.C., he brings his authentic delivery of Chicago-style blues and other styles to mountain stages.



Summer Colors Fine Art Show

The Summer Colors Fine Art Show, scheduled for Saturday, July 23 and Sunday, July 24, has been a staple of the Highlands-Cashiers Plateau for many years along with its Fall Colors sister show and has a growing reputation for showing quality work. Rain or shine the annual Summer Colors Fine Art Show in Sapphire Valley is expected to draw a record crowd of art fans and collectors this year.

The ALHC artists exhibiting this year include talented oil painters like Sara Crook, Zach Claxton, Sue Taylor White, Mary Pless, Peggy Marra, and Terry Warren, watercolorists, acrylic and mixed media artists, like Margie Bauer and Colleen Kastner, as well as woodworks like Jo Miler, sculptors, potters, glass artists and more. In addition, pop up live music events are planned for surprise times throughout the weekend. The show is indoors at the Sapphire Valley Community Center with plenty of parking, restaurants nearby, and a walking trail that crosses the river running through the property.

For more information visit the ALHC website at www.artleaguehighlands-cashiers.com, call the Sapphire Valley Community Center at 828-743-7663, or email Colleen at Colleen@colleenkastnerfineart.com.

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MLS# 97949 🏡 \$ 585,000

CHILLED SOUP Recipes



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Hot soup is food for the soul in the depths of winter, but a serving of cold soup during the heat of the summer can be so refreshing.

Chilled soup is the ultimate “fast food” as recipes for cold soup incorporate raw vegetables and fruit mixed together in a food processor or roughly chopped for a “chunkier” offering. Chilled soup served from a crystal bowl at table makes a lovely presentation.

Cold soup recipes can be found in numerous cultures. Russia has chilled versions of borscht, Spain has gazpacho which their cookbooks call “raw vegetable salad,” Hungary has their chilled fruit soups, and the recipes around the world for cold soups are endless and delicious.

Hard to comprehend, people first began freezing water in China in 1,000 BC. Greeks and Romans stored snow in insulated materials to keep foods cool.

Mid-1800’s Americans were introduced to the

icebox, followed years later by the refrigerator. I vaguely remember Pittsburgh Street vendors selling blocks of ice to households. Iceboxes were common in homes. My grandma kept many food items in the cold water of their spring house.

One of the fanciest names for a chilled soup is vichyssoise. Many years ago, renowned chef Louis Diat of the New York Ritz Hotel created the creamy chilled potato and leek-based soup and named it for his hometown of Vichy, France.

The late food writer extraordinaire Elaine Light was friends with Louis Diat and shared his famous recipe for his vichyssoise soup with her, and Elaine shared the recipe with me, and it is one of the featured soups today. Served hot, the soup becomes my mother’s potato soup.

The following chilled soup recipes represent a wide range of cultures. Try one or all of the following recipes, then start your own “keeper” file of chilled soup recipes.

Bon appetit.



LOUIS DIAT'S VICHYSOISE

INGREDIENTS

- | | |
|--------------------------|---------------------|
| 4 leeks, white part only | 1 tablespoon salt |
| 1 medium onion | 2 cups milk |
| 1/4 cup sweet butter | 2 cups medium cream |
| 5 medium potatoes | 1 cup heavy cream |
| 1 quart chicken broth | Chives minced |

DIRECTIONS

Finely slice white part of leeks and onion and brown lightly in butter. Add potatoes finely sliced. Add broth and salt. Cook, covered, 35 to 40 minutes. Crush and rub through a fine sieve. Return to heat and add two cups of milk and two cups of medium cream. Adjust seasoning and bring to a boil. Cool and again rub through a fine sieve. Refrigerate, and when cold, add heavy cream. Chill again. Sprinkle finely minced chives.



MEXICAN GUACAMOLE SOUP

INGREDIENTS

1/2 avocado
2 teaspoons lemon juice
1 cup half and half
1-2 tablespoons coarsely
chopped green chile
1 small clove garlic

3 tablespoons chopped
brown-skinned yellow onion
2 tablespoons cilantro
1 cup light chicken stock
1 teaspoon salt

DIRECTIONS

This soup is made entirely in the blender. Start by blending the avocado with the lemon juice. Next add the half and half and blend again. Now, add the chile, garlic, onion, and cilantro and blend again. Lastly, add the chicken stock and blend. Test for seasoning before adding the salt. Serve the soup very cold with additional cilantro leaves as garnish. Makes four first-course servings. It is best to serve this soup the day it is made.

AUTHENTIC ANDALUSIAN GAZPACHO

INGREDIENTS

8 large very ripe tomatoes
Salt, pepper, fresh basil or
tarragon to taste
1/4 cup vinegar
1 tablespoon olive oil

4 thin slices of sweet onion
1 cup croutons
1 cucumber
Green pepper, optional

DIRECTIONS

Skin tomatoes and press through coarse sieve. To sieved juice, add salt, pepper, and seasoning to taste. Add vinegar and oil. Stir well and chill for several hours. Serve very cold with a slice of onion and an ice cube in each serving. Pass bowls of croutons and cucumber, finely diced with seedy part removed. Diced green pepper may also be passed, if desired. Serves four.



SENEGALESE SOUP

INGREDIENTS

4 tablespoons butter
2 onions, chopped
3 stalks celery, chopped
2 tablespoons flour
1 tablespoon curry powder

2 apples, peeled and chopped
1 cup sliced cooked chicken
2 quarts chicken broth
1 bay leaf
1 cup light cream

DIRECTIONS

Melt butter in skillet. Add onions and celery. Sauté until vegetables are limp. Add flour and curry powder. Cook, stirring, for several minutes. Transfer mixture to electric blender. Add apples, chicken, and about one cup broth. Blend until smooth. In a saucepan, combine the pureed mixture and remaining broth. Add bay leaf and bring to a boil. Remove bay leaf. Just before serving, stir in chilled cream.

Chilled soup is ...



WHITE GAZPACHO

INGREDIENTS

3 medium cucumbers, peeled
1 clove garlic
3 cups chicken broth
3 cups sour cream
3 tablespoons white vinegar
2 teaspoons salt

TOPPINGS

Chop in small pieces and
sprinkle on top
1/2 cup sliced green onions
3/4 cup toasted almonds, chopped
1/2 cup chopped parsley
2 chopped tomatoes

DIRECTIONS

Cut the cucumbers in chunks and whirl in a blender a very short time while adding a little chicken broth. Combine with remaining ingredients and whirl just enough to mix. Chill. Serves: six to eight.

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MINTY MELON SOUP

INGREDIENTS

Flesh of 1 large cantaloup
or 1 small honeydew

1/2 cup white wine

1 teaspoon ground cumin seeds

4 cups plain low-fat yogurt

1/2 cup minced onion

3 tablespoons chopped mint

Salt and freshly ground black
pepper, to taste

6 tiny mint sprigs

DIRECTIONS

In a blender or food processor, puree the melon flesh with the wine

In a small, dry skillet, heat the cumin over low heat, shaking the pan frequently until the cumin becomes fragrant. Transfer the soup to a large bowl, and whisk in the yogurt, onion, cumin, and mint. Add salt and pepper and some water, if needed, to thin the soup. Chill the soup until it is very cold. Serve it in bowls garnished with tiny mint sprigs. Serves six.



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