

How-to LIVING

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THE MIX

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Send us your recipes

We're looking for your favorite recipes. Send us anything from your best summer grilling ideas to your favorite desserts or drinks. Send recipes to cmotisinger@CITIZEN-TIMES.com.



Today's reader photo

Lynn Parris, of Candler, sent in this photo of Willie and Tillie the lawn geese in their patriotic garb.

For July, send in your red, white and blue. Send in your patriotic photos. Please include your name and the town you live in. E-mail high-resolution images to readerphotos@CITIZEN-TIMES.com.

Did you know ... ?

The average human eats eight spiders in their lifetime while sleeping.
Source: snapple.com

Make your own fruit pops

Instead of grabbing a high-calorie ice-cream bar, try a healthy frozen fruit pop. Place berries, such as blueberries, raspberries and chopped strawberries, in a small cup. Add cranberry or pineapple juice to fill about 2/3 of the cup. Add a wooden Popsicle stick and freeze.

After freezing, run warm water over the cup to release fruit pop.
Source: www.kill.com/food/gourmet

From staff reports

Dancing in the streets

Downtown After Five, a fun, free music show on North Lexington Avenue (at I-240 and Hiwassee Street), is a great place to meet your friends and talk about your week (and the weekend ahead). From 5-9 p.m., tonight's show features **Mambo and the Weybacks**.

Hip to hip

If you love the soul-stirring feel of salsa, come to Club Eleven (11 Grove St., Asheville) tonight, where **DJ Guest** will play salsa/mambo with some bachata, cumbia and merengue. **Dance Company Salseros 828** leads a free salsa lesson at 10:30 p.m. Call 252-9286.

For more local entertainment news, visit www.take5online.com.



Karen Entz, left, Sharyn Edwards and Sara Johnson cook a meal together in Entz's home. Helping out at mealtimes is always appreciated by hosts. SPECIAL TO THE CITIZEN-TIMES

Be my guest

Be the kind of houseguest people enjoy having around

By Pam J. Wecht
CITIZEN-TIMES CORRESPONDENT

ASHEVILLE — You know the old saying — "houseguests, like fish, stink after three days." But there are ways to intrude upon friends and family, even for a week or more, and still come up smelling like a rose.

Consider it a divine opportunity to bring sunshine into your hosts' humdrum lives. Blow it, and you may be relegated to the nearest hotel.

Having houseguests is common in Western North Carolina — home to an ever-increasing number of transplants from around the globe and a steady stream of people coming to visit them.

It's also summer, a popular time for travel, and perhaps, to visit friends and family who live far away.

Here are some guidelines to follow if you're the one crossing the threshold, luggage in hand, into someone else's home. Be especially thoughtful, and you may even be invited back.

(Remember that whether you're friends or family, the same rules apply.)

Research the area before your visit

If you give your hosts some ideas about what you'd like to do, it makes it easier for them to plan for your stay.

Lori and Steven Gerber bought their house in Weaverville with the idea of having regular visitors — there's a spare bedroom and bathroom in the basement. But they don't always have the time to make plans for their guests.

"We tell people to look online before they get here and see what interests them," Lori said.

Pitch in: Ask how you can help

Since moving to Asheville two years ago from South Florida, Tyra and Mark Levine have rolled out the welcome mat for a multitude of friends and family.

"It's not easy," Tyra Levine said. "I don't always feel like I'm giving our guests enough attention because we have

to go to work.

"You want them to be comfortable, but you can't do everything for them."

Helpful things to do that are always appreciated include: pitching in for or buying groceries, helping out at mealtimes, paying for gas if your host drives you places or even walking the family dog.

Be flexible and entertain yourself

Remember, you may be on vacation, but your host may not be.

"We appreciate having the special company," Lori Gerber said. "But we do let people know we have a life and that while we want to be with them, we sometimes have other obligations."

In fact, you may have to arrange your schedule around that of your host's. Also, consider spending some time in your room, to give your hosts a break. Bring books and other quiet activities for yourself and the kids.

Please see GUEST on D3

GUEST: Adults, children all need to follow the rules of the house

Continued from D1

Respect the house rules

"Above all, a good guest respects the rules of the household," said etiquette expert Sallie Middleton Parker.

Parker tells of a houseguest staying at the bed-and-breakfast she and her husband own in Georgetown, S.C., who "appeared at breakfast wearing a negligee."

"We now keep a light jacket on hand to offer a guest, should such an occasion happen again, and politely explain that we require people to dress for breakfast."

Other household issues to discuss with your host right from the start include: household showering times, computer and house key usage, bedtimes and waking times, and laundry requirements. Also, if the kids are in tow, make sure they understand and follow the rules, too.

Clean up after yourself

Keep your guest area, including the bathroom, tidy and make sure your things

aren't scattered around the house. Be sure to strip the bed before leaving.

Express your thanks with a gift

The longer the stay, the better the gift, Parker said. A bottle of wine and a box of chocolates could suffice for a one-night stay. Spring for something more substantial, like a picture frame, candy dish or something more personal you know your host will appreciate, for a multiple-night stay. Leave a thank-you note when you leave and send another one after you return home.

"It's also a welcome gesture to take the host out for dinner one night," Parker added.

Don't stay longer than you planned

Don't arrive early or late — you don't want to arrive before they're ready for you and you don't want to worry them by showing up late. And when it's time to go, GO.