

The Highlands lowdown

March 2010

The Highlands Community Association Newsletter

Volume 56, Number 3

www.highlandscommunity.org

The Fourth of July T-Shirt Design Contest is On!

by Pam Merkadeau

Want the bragging rights as the designer of the highly anticipated 2010 Highlands Fourth of July T-Shirt? Let's be clear, we are looking for the best t-shirt design ever! We're not talking about submitting a design about your favorite movie or tourist spot. We're not talking clip art or photographs. We want the most eye catching, jaw dropping design that you can create, so take some time to come up with it. Think about the theme, "*Around the World*," and be creative. The winner not only gets



bragging rights but a free t-shirt and \$25 in midway tickets.

The design can be up to three colors and may include a front t-shirt design and a sleeve design. You can submit your entry via email to July4tshirt@yahoo.com. (Even if it is not created on a computer, you can scan your design and email it.) Or you can email July4tshirt@yahoo.com for drop off instructions. Please keep your original; we'll need it for the printer. The entry deadline is May 7.

Chamberlain Project Hearing Date Changed to April 13

by Sam Naifeh, Chair, HCA Land Committee

The Board of Supervisors hearing to consider approval of the Chamberlain proposal will take place on April 13. With the support of our District One Supervisor Mark Church, community representatives have successfully worked with County staff on both the Conditions of Approval and the Conservation Easement related to the open space in the proposal. Supervisor Church firmly supports the goal of having all issues worked out in advance of the final Board of Supervisors hearing.

Community representatives have been allowed to work cooperatively with County Counsel on having full and appropriate protections in perpetuity for the open space parcel. A strong conservation easement protects both the best interest of the County and the Highlands area open space. Otherwise, loopholes and weak provisions in the conservation easement could

make the open space vulnerable to the easement's disappearance along with the return of inappropriate development proposals of the kind we have struggled to prevent for 22 years. Our representatives have contributed significant changes that strengthen the conservation easement on behalf of County taxpayers as well as area communities.

At the Planning Commission hearing in February, we highlighted several remaining important issues in the protections, which we anticipate will be resolved with area community input. Our representatives continue to work to accomplish the necessary strong conservation easement. This is the last action that will be necessary to approve construction of 11 homes, and guarantee permanent protection of the remaining 93 acres. **Please attend the hearing on April 13.**

HRD Meeting

Tuesday, April 13, 7 p.m.
Rec Center Social Room

lowdown Deadline

Friday, April 9

HCA Meeting

Tuesday, March 23, 7:30 p.m.
Rec Center Social Room

FROM THE HIGHLANDS COMMUNITY ASSOCIATION



Rick Priola
HCA President

As the *lowdown* is being prepared, we're getting ready to move our clocks ahead and welcome spring. Passover and Easter are coming soon. Families look forward to celebrations, and children look forward to spring break. There'll be lots of activity.

Sewer Charges: Though seasons change, many of the issues the HCA has been dealing with go on and on. There will be another community meeting held in the neighborhood related to our sewer charges. One of the things that will be discussed is how we get charged for the distance sewage travels to the Treatment Plant.

So far, we don't have a date for the coming meeting. I want to thank our HCA representatives, James Goodman, Wil Pinney, and Cary Wiest, for all their hard work. They have been attending meetings about our sewer issues for several years. We depend on them to

speak for us and keep us informed.

Chamberlain Project: The date of the Board of Supervisors hearing on the Chamberlain Project has been changed to **April 13**. See page 1 for details.

4th of July: The holiday is getting closer. We still need a parade chair, convertibles for the parade, and volunteers for all elements of the celebration. Please call Gene McKenna at 346-7348 or email him at mckenna-gene@yahoo.com to offer your help.

Public Safety: Be alert. For non-emergency calls about individuals or activities you've observed that raise public safety concerns, dial **363-4911**.

Special Events: See the PTA article for information about Spring Break Family Breakfast Week and Go for the Gold. Both should be fun.

I look forward to meeting you and seeing you at the HCA meetings. If you have questions or concerns, please feel free to contact me at hcapres@gmail.com.

HCA Membership Drive is On!

by *Liesje Nicolas, HCA Membership Chair*

Your HCA Area Representatives will be ringing your doorbell in the next month to remind you to join or renew your membership in the Highland's Community Association (HCA). They can answer your questions about the HCA and relay any concerns you have in the community to the HCA board.

A big thanks to the HCA Area Reps for 2010: **Jack Kundin, Sylvia Merkadeau, David Krakower, Cindy Zhou and Michael Xie, Eva Voisin, Arline and Phil Dixon, Niar Thorpe, Margaret Errington, Etienne Vick, Davis Barch, Dixon Reilley, Bob Gutierrez, Liesje Nicolas, Betty Jue, Jean-Pierre Bernard, James Goodman, Florence Beier, Jonathan Horton, and Peter Cajtham!** The HCA and our community appreciate your efforts to make our membership drive a success!

To join or renew membership, please send in your dues of \$30 and a contribution for the 4th of July to: HCA, 205 De Anza Blvd #49, San Mateo, 94402-3989.

HCA Meeting Tuesday, March 23, 7:30 p.m.

Agenda

- I. Call to Order
- II. Review and Approval of the Minutes
- III. Sheriff's Dept/CHP/CDR Cal Fire
- IV. Treasurer's Report
- V. Reports
 - A. First Vice President
 - B. Second Vice President
 - C. Treasurer
 - D. Membership
 - E. Lowdown
 - F. Public Utilities Committee
 - G. Emergency Services Committee
 - H. Land Committee
- VI. Old Business
- VII. New Business/Announcements
- VIII. Adjournment

HCA Board Officers for 2010

President:	Rick Priola	574-8313
First VP:	Jean-Pierre Bernard	357-7644
Second VP:	Gene McKenna	346-7348
Treasurer:	David Krakower	(415) 398-1100
Secretary:	Denise Haas	372-0373
lowdown Editor:	Dorothy Greene	341-1752
lowdown Co-Editor:	James Nemschoff	570-5023

HCA Committee Chairs for 2010

Land:	Sam Naifeh	572-8787
Public Utilities:	Wil Pinney	345-2546
Emergency Services:	Pam Merkadeau	280-9046
Membership:	Liesje Nicolas	773-7805
Technology:	Beverley Madden	574-1593

HCA MINUTES

by Denise Haas, Secretary

HCA Board of Directors Meeting, Tuesday, February 23, 2010

I. Call to Order – the meeting was called to order at 7:42 p.m. by President Rick Priola.

II. Review & Approval of the Minutes – A motion to approve the minutes of January 26, 2010, was moved by James Goodman, seconded by David Krakower, and carried unanimously.

**III. Sheriff's Department/
California Highway Patrol/CDF**
Deputy Jake Trickett reported briefly on recent property crimes in the Highlands. Residents are reminded to lock their cars and avoid leaving valuables such as GPS devices in plain view. The Deputies will also be upping their patrols in the neighborhood at night and will increase traffic stops in the evenings.

IV. Reports

A. First Vice-President – CERT classes are available free of cost to residents. If you cannot do the entire series at once, you may complete your class set in the Fall. The HRD held a special meeting on February 24 to discuss an easement agreement that will be approved by the County Board of Supervisors.

B. Second Vice-President – Planning meetings for the 4th of July celebrations will begin in March.



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A t-shirt contest will be held soon.

C. Treasurer – David Krakower announced that the budget process will begin again next month; the preliminary budget will be presented in April, and the final budget will be presented in May.

D. Membership – Liesje Nicolas encourages residents to send in their membership dues.

E. lowdown – Dorothy Greene announced that the deadline for *lowdown* submission is March 5.

F. Public Utilities Committee – Wil Pinney alerted residents to pay attention to a PGE-supported ballot measure that proposes changes to the state constitution. James Porter, San Mateo County Director of Public Works, has mentioned annexing the County sewer districts to the local city.

G. Emergency Services Committee
– No Report

H. Land Committee – A Planning Commission hearing was held on February 10, 2010, to discuss the Chamberlain project. The preliminary EIR was approved.

V. Old Business – None

VI. New Business/ Announcements
– None

VII. Adjournment – The meeting was adjourned at 8:25 p.m.



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HIGHLANDS RECREATION CENTER



Spring Camp 2010
April 5-9 - 7:30 a.m.-
6 p.m. - Grades K-8
Daily Fee \$50/\$55

Field Trip Day Rate \$65/70

Send your K-8th grader to the Rec for a week of WOW! Our Spring Camp will be filled with engaging activities, including a field trip to keep your child entertained all week long. Licensed Child Care with CPR/First Aid Certified Staff.

Theme Days

Mon. 4/5 - Art Rageous

Tues. 4/6 - Outdoor Madness

Wed. 4/7 - Obstacle Adventure

Thurs. 4/8 - Field Trip Day

Santa Cruz Beach Boardwalk

Fri. 4/9 - Got Green? Recycle

Special Offer: sign up for the entire week of Spring Camp and receive one-half off one week of Summer Fun Zone 2010.

Summer Camp 2010

June 14-August 27

K-8th grade 7:30 a.m.-6 p.m.

Weekly Fee \$240/\$245

Junior Adventure Camp 2010

June 21-August 20

ages 2.5-entering Kindergarten

8 a.m.-12:30 p.m.

Weekly Fee \$160/\$165

Nine weeks of Adventure!

Children must be potty trained.

Disney's Alice in Wonderland

M,T,Th 4/12-5/27

3:15-4:45 p.m. \$100

There will be performances: Thursday, May 27; Friday, May 28; and Saturday, May 29. Join Highlands Elementary School Teacher, Miss Jang, as she hopes to share the world of theater with you. Children will learn everything about the theater, from acting, singing, dancing, and performing, to the behind-the-scenes work of putting on a performance. Our final project will be a performance for the Highlands School and Community of Disney's, Alice in Wonderland.. As the White Rabbit would say,

"I'm late, I'm late, for a very important date - with Highlands Theater!"
 Max: 50. No Class 5/13

Yoga for Kids

T 4/20-6/8 3-4 p.m. \$140/\$145

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Through yoga, art, play, and stories, Juanita Lucero will teach techniques to release emotions and behavior patterns children know they don't want but are frustrated because they can't be free of them. Children actively experience the transformation and will be empowered at a deep soul level so they can experience and radiate their true essence - love, joy, peace, and truth - and share that with others. Wear loose, comfortable clothing; Bring your own yoga mats. 10 students minimum.

Youth Archery Instruction

Ages 8-17

M 4/19-5/24 3:30-5 p.m.

\$150/\$155

M 6/21-7/26 10-11:30 a.m.

\$150/\$155

Students will learn the proper way to execute a shot arrow, using the fundamentals taught to thou-

sands of new archers young and old throughout the country. Peter will use drills and exercises to hone their skills in launching an arrow, as well as helping them learn the different parts of the bow/arrow. They will learn the etiquette of the shooting line and how to properly score one's arrows, while spotting how and why arrows fly a certain way and learning how to correct them.

First Place Fencing

F 4/23-6/4 3:30-4:30 p.m.

\$99/\$104

Join the Highlands Rec Center for a new season of Fencing. Coach Jay from First Place Fencing Club will teach students how to hold the weapon, how to hit and get hit, and how to defend against the oncoming attack. This 6-week class will be offered to children 8-12 years old. A \$20 lab fee is to be paid to instructor at the first class.

Adult Tennis Lessons

Adult I: TTh 4/20-5/20 6:30-7:30 p.m.

\$120/\$125 Court 4

MW 6/14-7/14 6:30-7:30 p.m.

\$120/\$125 Court 4

MW 7/26-8/25 6:30-7:30 p.m.

\$120/\$125 Court 4

►**Rec Programs:** to page 10



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"Expect the Best"

COMMUNITY NEWS

AquaFit at the Rec Center is a Community Treasure

by J. Dixon Reilley, with quotations from Ginnie K Plato, USWFA

Some 15 years ago, our Rec Center was fortunate to get Ginnie Plato and her AquaFit Water Workout program. AquaFit is the same program that she developed for Mills Health Center and for several other local fitness centers.

“Water is an outstanding medium for the development of muscle tone, cardiovascular conditioning, and overall strength and endurance. Whether you are new to exercise or a seasoned athlete, water provides a resistance factor perfectly suited to your individual needs.”

Also, water exercises come highly recommended by health professionals for me, especially because of my “advanced years” and physical challenges. Actually, I often feel like a 50-year-old trapped in the body of an 80-year-old. And the younger folks in class get a terrific workout too—water matches and challenges the resistance you bring to it, like a self-adjusting strength-training machine.

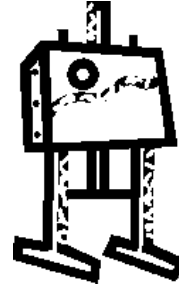
“Try it and you’ll agree that AquaFit will have you working stronger, longer, and having more fun than you thought possible, with greatly reduced stress to joints and tendons. Aquatic exercise reduces gravity (you weigh a mere 10-20% of your usual body weight in the water) while it creates resistance and balances the use of your muscle groups. Work-ing with supplemental equipment increases these benefits even further!”

These exercises have suited me

for over seven years, and I can highly recommend them. Come and join us for a dynamic and invigorating workout. AquaFit is offered weekly on Mondays, Wednesdays, and Fridays at 11 a.m., but you can attend as many or as few as your schedule allows.

Thank you Rec Center and especially Ginnie K. Plato (Master Certified Instructor, U.S. Water Fitness Association), for her expert instruction and inspiration.

Highlands Art Group



The next meeting of the Highlands Art Group will take place on Thursday, April 22, at 7 p.m. at the home of Nancee McDonell. All

Highlands artists are invited to participate.

For information or to RSVP email sallypepper@soma.net.

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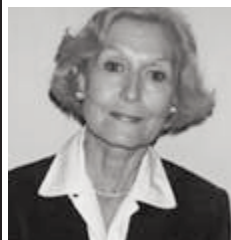
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COMMUNITY NEWS

Senior Network News

by Cliff Donley



The Highlands Senior Network (HSN) provides valuable services and social events for anyone in the

neighborhood who admits to being "senior." One of our goals is to help Highlands seniors age in place, for example, through assistance with home maintenance. The HSN maintains a list of neighbor volunteers who provide help with minor tasks, and a roster of profes-

sionals from handymen to tradesmen and contractors. If you would like a referral or wish to volunteer to help, please phone Jeff at the Rec Center, 341-4251, or Cliff at 349-5290.

In another area, we provide transportation for our seniors. Jeff's weekly shopping trips in the Rec Center van are working well. We now also have several neighbors who have volunteered to drive on occasion. Again, call Cliff for more information.

On Wednesday, April 7, at 12:30 p.m., we will visit the

Senior Center in Belmont for a \$3.00 lunch. The Center is located in Twin Pines Park on the right side of Ralston, shortly after the stop sign, a couple of blocks west of El Camino. Phone Jeff or Cliff if you need transportation.

If you haven't been to a matinee movie in some time, now is your chance. On Saturday, April 17, at 1:00 p.m. in the Fireside Room of the Crystal Springs Methodist Church, we will be viewing a "first run" flick. I hope to get "The Blind Side" with Academy Award winner, Sandra Bullock, if it's available, but if not, I'll get some other goodie. Free popcorn and light refreshments will be served.



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COMMUNITY NEWS

Highlands Book Group

by Jo Nassutti



The Book Club meets on the first Tuesday of the month, at 10:15 a.m. in the Exercise Room at the

Rec Center.

On April 6 we will discuss *The Help* by Kathryn Stockett.

Set in the South before the changes brought about in the sixties, the book deals with the relationships between young white mothers and their black "help." Although the maids prepare the food, care for the children, and clean every inch of the home, many white employers treat their "help" as alien beings. These are the maids' stories told reluctantly and fearfully.

For May we will read *Sarah's Key* by Tatiana de Rosnay. Based on a little known piece of French history, this story alternates between the time in 1942 when the French people rounded up the French Jews, and the present. The past centers around a ten-year-old Jewish girl, Sarah, who is sent to the Velodrome with her parents. The present concerns writer Julia, an American, married to a French man. Julia becomes consumed by the story of the 1942 roundup of Jews and of her husband's family's involvement in this event.

Questions, call Jo Nassutti at 650-345-8915.

Curious, come by and observe.

Highlands Players Help Aragon Girls Become CCS Soccer Co-Champions

by Brenda Sell



Aragon's Girls Varsity Soccer Team became Co-Champions of the Central Coast

Section with a 2-2 tie against Number 1 seed, Presentation, in a final, heart-stopping game that ended in two ten-minute overtimes (no penalty kicks in championships) in San Jose on the morning of March 7. Highlands players were **Alexa Sennett, Sally Shearer, Caity Winterbottom,**

Jenny Winterbottom, and Stephanie Woo. Stephanie and Caity are seniors bound for University of Denver and Sonoma State, respectively. Playing in the CCS Championships for the first time in Aragon history, the Dons had shut out top-seeded, undefeated Los Gatos 1-0 in San Jose in the semi-finals on March 4. They had secured their place in the semis by a 1-0 victory over St. Ignatius. You go girls - you make us proud!

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HIGHLANDS RESIDENT

UNITED METHODIST CHURCH NEWS

by *Steven Schlichter*

Easter Season Schedule

March 28: Palm Sunday, 10 a.m.

We celebrate the triumphal entry of Christ into Jerusalem with music and worship.

April 4 Easter Sunday, 10 a.m.

We celebrate the risen Christ with: Choir Music, Handbell Choir, and Children's Choir. Easter Egg Hunt and fellowship follow after services.

Golden Gate Radio Orchestra

Come listen to the smooth instrumental and vocal sounds of the Golden Gate Radio Orchestra (GGRO) on Saturday, March 27, at 2 p.m. at the church. GGRO has been performing in the Peninsula area for about 12 years. The founders and current leaders are members of the church. The orchestra practices at the church and performs there every year as a fundraiser for the church. Tickets are \$18. Call 650-871-7464.

The music they play is from the early part of the last century up until roughly the Fifties--you know--music that actually has a melody. The theme for this concert is "Music That Moved America." The intermis-

sion will be topped off with homemade cookies from our bakers, so come on down for an enjoyable afternoon.

Discussion Group

As was noted in the last *lowdown*, we are starting a discussion group on books that deal with current world problems. The first book that will be discussed is *Stones in School: Promoting Peace with Books, Not Bombs, in Afghanistan and Pakistan*, by Greg Mortenson. His first book, *Three Cups of Tea*, is required reading by the Army and Marines engaged in counterinsurgency warfare there.

The next book will be *Americans in the Crosshairs*, written by Roland Bunc, who experienced terrorism first hand in Central America where he worked as an agronomist. We are waiting for Roland to return in May from an extended trip before we discuss this one.

Sessions will be on Sunday nights. The next session will not be until after Easter, so call the church office 345-2381, for details and times. All are welcome to participate.

Highlands lowdown

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San Mateo, CA 94402

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Neither the lowdown nor the HCA is responsible for the accuracy of any information in the display or want ads. Readers are encouraged to check that licenses are current and to get references. Subscriptions for non-residents of the Highlands are \$25 per year. Individual issues are \$2.50 each, if available.

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Steve Henderson-Aragon Coach & History Teacher, Fulbright Scholar

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Class Ratio: 6:1

Two Sessions: June 14-18 & June 21-25 8:30 a.m.-2:00 p.m.

**Two Age Groups: Youth - 2nd through 6th grades/ages 8-12
High School Prep - 7th-9th grades/ages 13-14**

Cost: \$250/week (\$225 if multiple sessions attended)

Contact: Hennduu@aol.com

HIGHLANDS ELEMENTARY SCHOOL NEWS

by Kaye Saxberg

Measure A

This is a month of many thank yous! On behalf of Highlands Elementary School we want to **Thank You** for helping pass Measure A. This allows our school to keep all of our teachers and the class size limits to 22 students in the lower grades and 24 in the upper grades.

Literary Month

Thanks also to all of you who supported our school in February during our Literacy Month. Our appreciation goes to **Vicki Daniels, Sheila Holmes, and Liz Jurado.**

Scholastic Book Fair

We also want to thank those of you who attended our Scholastic Book Fair. This could not have been possible without the help of **Trelly Krakower** and her team of volunteers.

Family Dinner Nights

And more thanks are due to all of you who attended our most recent Family Dinner Night at Taxi's. Our next Family Dinner Night will be a little different. **Our Family Place Restaurant** in Crystal Springs Shopping Center has graciously invited us to have a Family Breakfast. This will occur during our Spring Break, Monday April 5, through Thursday April 7. The restaurant is offering an all-you-can-eat breakfast buffet each day from 7-9 a.m. The menu will consist of eggs, bacon, hash browns, home fries, toast, French toast, pancakes, coffee, and juice. The price for adults is \$5.95 and \$3.95 for children. Please invite your family, friends, and neighbors and help support your local

school. *Please pick up a flyer at the school office. This is the only way that Highlands School will receive credit for your breakfast.*

Help Highlands School

Go for the Gold

Thursday, April 29

4:30 p.m. – 8:30 p.m.

Highlands Recreation Center Social Room

This is your chance to get rid of those single earrings, jewelry from the "ex," and your 80's gold charms. Even if your jewelry is broken, damaged, or knotted, bring it to the Highlands Recreation Center, and Goldbug Gold Recyclers, LLC, will pay you cash on the spot. The most exciting part of this event is that Highlands School's 4th grade will receive a donation from Goldbug of 20 percent of the total amount paid out that night.

Each gold item will be tested for karat type and purity. Gold is valued at over \$1,000 per ounce. The higher the karat value, the more you (and the school) will be paid. Money earned at this fundraiser will help provide financial assistance to Highlands

School's 4th grade's Coloma three-day overnight field trip to the "Gold Country" in the foothills. Students will learn about California history and even get a chance to pan for their own "gold!"

Please contact the Recreation Center at 341-4251 to pre-register for this event. Can't attend? No problem, you can arrange to have your jewelry processed before the event. If you have any questions about the Coloma fundraiser, please contact Marie Ivich at 574-8917, or for more information about Goldbug Gold Recyclers, go to www.goldbugllc.com

Ink Cartridges

Thank you to everyone who has brought us used ink cartridges. Please continue to bring them to the school office during school hours.

Dates to Remember

Wednesday March 31

Open House & Art Show

Friday April 2

Minimum Day


Monday April 5-Friday April 9

Spring Break

Tuesday April 27

Star Testing Begins.

**RUNNER UP IN THE CA
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COMMUNITY NEWS

► **Rec Programs:** from page 4

Adult II: TTh 4/20-5/20
7:30-8:30 p.m. \$120/\$125 Court 4
MW 6/14-7/14 7:30-8:30 p.m.
\$120/\$125 Court 4
MW 7/26-8/25 7:30-8:30 p.m.
\$120/\$125 Court 4

Adult Tennis II- This class improves upon what was learned in Adult Tennis I and introduces tennis strategy to the students

Adult Tennis I- This class is for adults with little experience or instruction. They will learn the basic fundamentals of proper grip, forehand, backhand, serve, and volley.

Jog in the Fog



l. to r. Wally Rapozo, Cristina Ashbaugh, Elizabeth Li, and Norman Wood.

Jog in the Fog, a free service project for all ages organized by two local Girl Scouts, was held on February 20. Eighty participants had the choice of running on a 2K or 5K course around Highlands School. After the run, there was a health fair in the school's library and a free raf-

Adapted Aquatics

Our adaptive aquatics program focuses on water safety, self confidence, and the physical developmental skills of each student. Classes are geared for individuals with special needs and individuals who are looking for injury rehabilitation aquatic therapy. Aquatic therapy is great for arthritis pain! Each individual is encouraged to progress at his or her own pace. Lesson times are coordinated between the student and instructor. Fee is for single 28 minute lessons. Call the private lesson coordinator at 341-4251 to schedule. Fee is \$25/26 per session.

fle. It was a fun, heart-healthy day, with great running weather. **Cristina Ashbaugh and Elizabeth Li** organized this event for their Silver Award, the highest award a middle school Girl Scout can earn. The goal of the project was to encourage lasting healthy habits in the community.

The organizers want to thank all the participants, the 20 volunteers who helped out, and all sponsors and donors. A special thank you goes to **Wendy Priola**, who was the first aider; CHP officer **Arturo Montiel**; and the following volunteers from the CHP: **Norman Wood, Dick Chapin, and Wally Rapozo.**

Highlands Recycling Guide

by *Gene McKenna*



It's spring and many Highlands residents will be doing some spring cleaning. Rather than throwing it all in the garbage, use this

guide to recycle as much of it as possible.

Unfortunately in our community one has to go to many different places to get rid of all of our things, but at least there is a home for nearly everything.

Goodwill, 28 West 25th Avenue, San Mateo

- Accepts donations every day 8:30 a.m to 6 p.m.
- They will not take baby car seats, strollers or furniture that is really damaged.
- You can unload your car right there into their truck (with their help. Usually there is no wait.

Shoes and clothes that are too ripped, worn or broken to go to Goodwill

- There is a drop box at the 76 gas station across from the Safeway in the Highlands.
- They will either ship your donations to a third world country, or grind up the materials to make stuff like insulation, toys, etc.
- The drop box is near the Polhemus Road entrance to the gas station, adjacent to the equipment for inflating your tires.

The Recycling Guide will be continued in future lowdowns.

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PLUMBING/REMODELING/OPEN DRAINS, replace water heaters. All jobs welcome. Lic/bonded. Highlands resident. Call 650-921-9711.

ROBERT'S HANDYMAN SERVICE Remodeling, bathrooms, fences, stucco, small jobs. Highlands references available. Call 650-771-6952.

MAUI - Vacation in beautiful Maalaea Bay - beach front condo, 2 bdms, 2 baths, fully equipped remodeled kitchen, washer/dryer. Perfect for family of 4, or 2 couples. \$135/day Apr. 15 to Dec. 15. \$150/day Dec. 15 to Apr. 15. plus tax. Call Enes or Bill Rice 341-1963.

HDTV WALL INSTALLATIONS - Wall fish cable and phone for concealed wiring. Audio/Visual specialist. Email joel-com@comcast.net or phone 650-759-6511.

RETIRED BUILDING CONTRACTOR looking for smaller jobs, including dry rot repair, tile work, windows, crown molding, and roof skylights. References about license available. Call 650-637-7748.

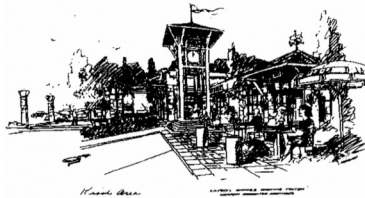
BABYSITTING & PET SITTING Responsible Aragon senior with lots of babysitting and pet sitting experience. References available. Call or text Sally Shearer at 504-7914. Please call after 3 p.m.

MAYRA'S HOUSE AND WINDOW CLEANING - Reliable, dependable, many Highlands references. Call 299-8985 for free consultation.

PET SITTER/ BABYSITTER Do you need a babysitter or pet care by a mature Highlands resident mother? Call Leslie for details and availability at 578-1087.

COMPUTER GURU FOR HIRE Need help setting up a MAC or PC? Want to go wireless in your Eichler or learn how to use that new iPod? Technical handyman ranging from computers to home audio/video - no job too small. Local IT professional. Call Uy at 773-6356.

LOCAL HIGHLANDS HONEY New, from our site on the slopes - "Bunker Hill Blend." Other local flavors available. Raw, no chemicals or medications. odfrank@earthlink.net, 650-345-2008.



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Allstate Insurance: Bob O'Loughlin & Mike Munday	286-2140	Japanese Kitchen Wakuriya	286-0410
Alterations to Go	341-6360	Stephen R. John, D.D.S., Periodontics	571-1900
The Bar Method (Yoga, Pilates, Ballet)	573-3330	Little Hunan Restaurant (Home Delivery)	571-1575
California Cancer Care	341-9131	Merry Maids	572-8200
Crystal Springs Chiropractic	574-1456	Papagayo Mexican Grille (Catering)	578-1966
Dr. Joseph Musich (cell)	222-8650	Rainbow Pizza (Home Delivery)	571-1848
Dr. Helen Lee	574-1456	Realty World, Martinelli Properties	578-1300
Crystal Cleaning Center	342-6978	Renew Laser Clinic, Dr. Adele Makow, Laser Skin Care	341-3600
Crys. Spr. Dental Care - Dr. Cameron Dezham	524-4855	Renew Life Center, Dr. Julieta Gabiola Primary Care, Internal Medicine	341-3600
Crystal Springs Fish & Poultry	212-7921	Ritz Salon & Spa	570-5750
Crystal Springs Pet Hospital	341-3438	Safeway	341-4039
Citibank (West) FSB	525-9028	Shoe Repair	349-4209
CVS Pharmacy (572-2514, Drive Up)	572-2438	Starbucks Coffee	345-0483
Design Jewelry	345-7870	Tasty Treats-Italian Gelato	572-8228
Dianda's Italian Pastry	570-6260	U.S. Postal Services	570-5562
Esposito's Deli (Catering)	525-1970	Wireless Link-Verizon	577-9700

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A VIEW FROM THE HIGHLANDS

Buy Local from Family-Owned Stores

by Florence Beier

Two family-owned and operated stores that have recently opened nearby seem like neighbors. They also turn out to have healthy, sustainable products and fascinating personal backgrounds.

Mustafa Mutlu of **Crystal Springs Produce** fled his home in Bulgaria and the Communist regime there in 1989, when the border was opened for a brief time. The family was able to escape to Yugoslavia with their two children, ages 9 and 7. After 22 days of living in their car, they were accepted at a UN refugee camp. A year later the U.S. offered them asylum, with sponsorship by the International Rescue Committee, which supplied their airfare and rent for three months.

Mustafa washed cars, did valet parking, and finally drove a shuttle bus to SFO for 16 years. But they came from a small village in

Bulgaria and missed the farm. So, with all the family ready to pitch in, they started a produce store on Polhemus six months ago. All three generations, including two small grandchildren, live together in San Mateo.

Now Mustafa starts at 4 a.m. at the produce market in South San Francisco for items that are not delivered from organic farms in Watsonville. In addition to a wide variety of fruits and vegetables, they stock many European and Middle Eastern specialties. Wife, daughter, and son-in-law, Aydin Kyazim, make up the entire staff.

Crystal Springs Fish and Poultry has reopened with new owners. Kevin manages the store, which sells fish, poultry, and now organic and free-range meats. His wife Yvette is a bit busy with their four children, but she does find time to make her special crab

cakes.

Kevin was a chef for 19 years, after going to business school on the east coast. He learned cooking in Italy and both studied and taught at the California Culinary Academy. The store features fish from Half Moon Bay and San Francisco, picked up fresh every day, plus salmon from Loch Duart which is organic and sustainably farmed. They also offer Mary's free-range and organic chickens from Sanger, near Fresno.

Although the store's being closed for four months made it harder to start up again, in the 18 months since the Kinchens have owned it, their loyal customers have come back.

I enjoyed talking with our new "neighbors" and like both to support small business and buy local.