



President's Message

By Fred Tygart

The summer season is fast approaching and while the Village is now quiet with little activity, planning is under way to insure that the historic Barn (our Community Center) and Village will be in tip top shape for everyone. We are all looking forward to returning to the mountain to enjoy its beauty and cool summer breezes.

I am often approached by owners who do not understand the difference between an "annual" member and an "amenities" member, and the difference between our Wolf Laurel POA and the Wolf Laurel Road Maintenance and Security Home Owners Association (WLRMS). The explanation that follows is not complete but does cover the high points. The WLRMS is the successor-in-interest to the original developer of Wolf Laurel (and all intervening developers) and functions through its Bylaws and its Declaration of Protective Covenants and Restrictions as well as its Architectural Guidelines.

All of these documents are recorded in the official public records of Madison and Yancey Counties and are binding upon every property owner in the original Wolf Laurel Resort, including Wolf Laurel Country Club and the WLPOA Village properties. They are not binding upon the later Blue Mountain developments of The Lodges, Eagle's Nest, Village Lane, Overlook Village, and Chestnut Village and also the most recent development, The Preserve.

The Wolf Laurel Road Maintenance and Security HOA (WLRMS), as its name implies, is responsible for our roads, security operation (the Gatehouse and roving security personnel) and enforcement of the Protective Covenants and Architectural Guidelines. The WLRMS

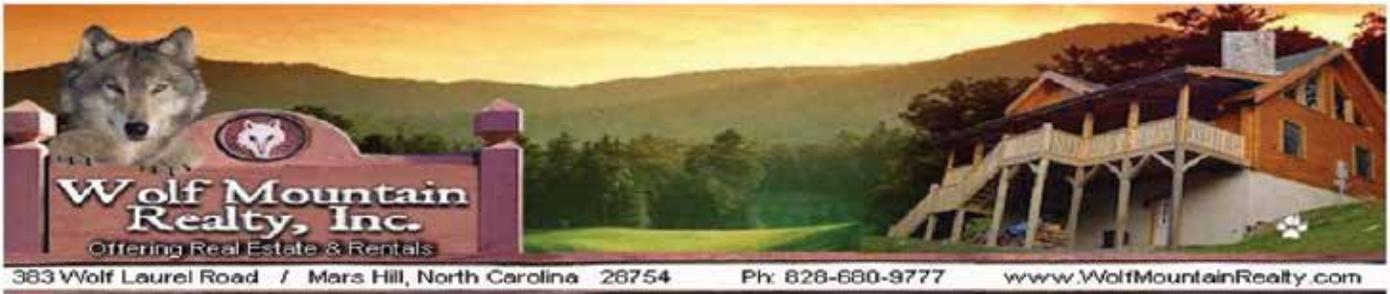
does provide road maintenance and security by contract for the Blue Mountain properties.

These are large responsibilities undertaken to protect and preserve our valuable property interests and maintain the natural and unspoiled beauty of Wolf Laurel. The WLRMS has an extremely challenging job in maintaining the roads and security with an under-funded budget and also in enforcing the Protective Covenants and Architectural Guidelines. These duties occasionally place the staff in conflict with owners who simply don't wish to follow the covenants or who have a genuine question of interpretation. The staff walks a difficult line and, in my view, does an outstanding job for which we should all be grateful.

By contrast, the Wolf Laurel Property Owners Association (WLPOA) serves our "Annual" members and "Amenities" members; maintains our Community Center and the Village property for the recreational use and enjoyment of the members; and provides services and programs to ensure that each visit you have to Wolf Laurel will be an enjoyable one.

Our WLPOA has four classes of membership. The first is the "annual" or "regular" membership. These owners pay \$125.00 which is required for persons who became property owners after July 10, 2002, the date that the Amended Declaration of Protective Covenants was passed. Benefits of this membership are as follows:

1. Receipt of the "Top of the Bald" publication.
2. Receipt of one directory of WLPOA members as published annually.
3. Availability of WLPOA cabin at the security gate



489 Cherry Knob-Impressive custom built home with 180 degree extreme views and high elevation. Extensive upgrades for this spacious 4 Bdr's, 4.5 Baths, 3457sqft home. 2 Stone fplc, paved access, mostly furnished, central A/C, gas heat. **\$695,000**



1257 Oakridge Lane-NEW LISTING- Charming log home w/plenty of curb appeal, 3 Bdr's, 1.5 baths, stone fireplace, cvrd front porch for rocking chairs, 1.08 Acre with great access to country club or ski slopes. MLS#581436 **\$124,900**



189 EL Miner Dr- Fairway on 3 sides, this home has a great spot on a knoll, completely updated on 2 levels, big windows throughout home, 2 stone fplcs, 3 bdr's, 3 baths w/two bonus rooms, open floor plan, full lower level good for guest w/full kitchen, huge wrap around deck, dble garage/workshop, MLS#577812 **\$449,900**



101 Painted Ridge-Just Reduced!! One of the best locations in Wolf Laurel, 4900ft elevation, extreme mtn views on paved access and flat road, immaculate condition, 4 bdr's, 3 baths, 2688sqft, 2 huge cvrd decks, tons of windows makes this home feel open & airy. Cath. ceilings and shared well on .96 acre. Carport and nicely landscaped. MLS#579326 **\$339,000**



231 Bee Tree Lane-New Listing-Cabin nestled in the woods w/winter mtn views from 2 cvrd deck. 9 years new log home that offers 3 bdr's, 2 baths, loft area, stone fplc, patio off kitchen for entertaining and grilling, central heat & air, hot tub on lower deck. So many extras, must see!! MLS#578152 **\$235,900**



2665 EL Miner Drive-Well maintained chalet w/new kitchen, baths, carpet and interior paint. 2 bdr's, 2 baths w/ loft area. Easily maintained 1325sqft, unfinished lower level that offers 716sqft, great for storage or finish for additional elbow room. Stone fplc, gas heat, cvrd front deck, furnished. MLS#579550 **\$160,000**



928 Goldenleaf Road-AMAZING VALUE-Breath-taking mtn views from 2 decks in Overlook Village, paved access to this paradise that offers 3 master suites, open floor plan, cath. ceilings, family room w/ kitchenette, 2 stone fplcs, gas heat, part. furnished, central A/C, garage, small stream on 1.27 acres that includes extra lot that has 3 bdr septic approval. Proven investment potential !! MLS#581798 **\$399,900**



846 Puncheon Lane-New Listing- Private location w/rushing stream on 1.79 acres. Tons of decks to enjoy the cool mtn air and stream sounds, updated custom mtn home w/new gourmet kitchen, new gas furnace, central A/C, fplc, master on 2nd level, 3 bdr's, 3 baths w/bonus guest area w/bath on lower level, garage. Beautiful spot to enjoy the mountains!! MLS#580076 **\$460,000**



505 Oakridge Lane-Immaculate inside and out, one level living w/1390sqft, 2 bdr's, 2 baths w/ bonus room for office. Wood ceilings throughout, cath. ceiling in great room w/stone fplc. Nice view from wrap-around deck, garage, separate workshop/artist studio, pond, flat driveway. **GREAT BUY AT \$159,500** MLS#581827

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- for parcel deliveries.
- 4. Use of the Community Center and the WiFi provided.
- 5. Use of the WLPOA library.
- 6. Receipt of e-mail alert notices.
- 7. Representation of member's interests on community matters.
- 8. Use of postal pickup at the Community Center.



The “annual” member fee is set by the WLPOA Board. This \$125.00 fee was set five (5) years ago. Most of this fee is specifically designated toward the costs of operation and maintenance of the Community Center.

The second class is the amenities “participant user” class. These members are generally referred to as “non-equity” amenities members. They have no restriction on their deeds requiring membership for subsequent purchasers. The third class is the “equity” amenities class which has a deed restriction requiring membership for subsequent purchasers. Yes, there is subclass “life” amenities membership for the non-equity and equity classes for which the benefits of membership are the same but which waive annual fees.

The “non-equity” and “equity” amenities members are entitled to the following benefits:

- 1. Use of the Pavilion for social and other functions.
- 2. Use of Angelica Ridge picnic area.
- 3. Use of the tennis courts, basketball courts, and the adjoining area.
- 4. Use of the swimming pool.
- 5. Use of the Nature Trail and access route to the Appalachian Trail.
- 6. Use of Trout Pond and surrounding areas such as gazebo, pier, etc.
- 7. Attendance at Monday and Friday Nighters.
- 8. Attendance at amenity sponsored events i.e. dances, concerts, etc.
- 9. Participation in all events sponsored for amenity members.

The non-equity and equity Amenities memberships have generally been referred to as “Amenities” members. This reference, while accurate, is often awkward to use so the Board in March 2015 adopted the easy reference name of “The Village Club at Wolf Laurel” for amenities memberships. This new name recognizes that the “amenities” program is, in fact, a private club for the use and benefit of its members.

The fourth class of membership is the “term membership.” It was created last year to accommodate those amenities members who may lease their homes and to offer their lessees an opportunity to use the Village amenities, but only for a limited time. Members who lease were financially benefited as the additional annual usage fee was eliminated. This membership class was overwhelmingly approved by member vote in July, 2014.

I know everyone is looking forward to another enjoyable season on the mountain. Your first stop after arrival and unpacking your bags and groceries should be a trip to the Community Center to find out what is happening and pick up the WLPOA weekly activities calendar. You can only spend so much time at home in bucolic contemplation counting the Carolina chickadees at the bird feeder. Hope to see you at the Village!



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2015 Village Club at Wolf Laurel Programs & Events

These are our scheduled events and programs as of April 1, 2015. Be looking for routine updates as more wonderful programs are scheduled! Updates and reminders will be sent throughout the season via e-mail and will also be posted on The Village Club page of our website, www.wolflaurelpoa.com. Most Programs and Events are planned for our Village Club members but several events this season will be open to all.

Regularly scheduled programs: **Muscle Toning and Stretching with Cathy Johnson:** This class will meet each Monday and Friday at 9 a.m. starting May 1. Due to the size of this class, it is held on the basketball court next to the Village Pavilion (the Pavilion is used in inclement weather). Please bring an exercise mat, water, weights and stretch bands with handles.

Tai Chi & Yoga with Fred Buck: This class will meet each Monday and Thursday at 10 a.m. beginning May 18th in Village Activity Center (lower entrance of Community Center). Please bring an exercise mat and water.



Water Fitness with Barbby McQueen, Lee Moeller and Larae Weaver: This class will meet each Tuesday and Thursday at 1 p.m. starting Thursday, May 28th.

Bring your bathing suit, towel, some sunscreen, and we'll provide the workout equipment.

Walking Club with Earlene Shofi: Starting Thursday, June 4th, the group will meet at the Village Pavilion for the first hike, and then meet at various locations on the mountain on Thursdays at 10 a.m. Different leaders will plan gentle hikes throughout the season. Contact Earlene Shofi for more information (earlenes@frontier.com).

Tennis: Regularly scheduled play will begin May 1. Bring your racquet, balls, water.

Women's Play - Monday & Thursday 10 a.m.-noon
Men's Play - Wednesday & Friday 10 a.m.-noon

Pickleball: Every Sunday at 3 p.m. beginning Sunday May 17th - Contact George Shennan (gshennan@earthlink.net) if you would like more info about this sport. More dates to be scheduled.

Friday Night Socials: 6 p.m. every Friday in the Village Pavilion throughout the season - beginning May 15th. Activities may include duckie races and bingo! BYOB and an appetizer to share. Our wonderful Bartender, Larry Smith, will provide set-ups. These socials are free unless otherwise announced.

Monday Night Potlucks: 6 p.m. every Monday in the Village Pavilion throughout the season - beginning May 18th. Bring a potluck dish or two to share, your favorite beverage and all your picnic supplies.

Dining Out With Friends: A special schedule for visiting area restaurants, enjoying great food and company!

Thursday, May 21, 6 p.m. - Dinner at the Twisted Laurel on Main Street in Weaverville

Wednesday, June 10, 1:30 p.m. - Lunch at Nine Mile Restaurant on Montford Avenue in Asheville

Saturday, July 11, 5:30 p.m. - Dinner at The Farmer's Daughter on Erwin Highway in Chuckey, Tennessee

Friday, August 14, 1 p.m. - Lunch at Brasilia Churrasco Steakhouse on E. Walnut Street in Asheville

Saturday, September 26, 5 p.m. - Dinner at the Garden Deli, Town Square in Burnsville

NOTE: Gene and Amelia Woolf plan these tasty adventures and have lots of great info about each trip in a separate article in this TOB - please read!

Special Programs: We are still working with our wonderful Community volunteers to schedule a great variety of special programs.

By the time of publication of this Top of the Bald you will be able to stop by the Community Center to pick up an updated listing of all Programs and Events. These

updates will occur almost weekly and will also be sent out via our e-mail system and will be posted on the Village Club page of our website:

www.wolflaurelpoa.com.

You'll be seeing much more information on:

Gourmet Cooking Classes
Pre-teen Cooking Class
The Wolf Laurel Wandering Ladies
Book Signing by a Local Plant Expert
CPR/AED Classes with Certification
Introduction to Self Defense
Fresh Water Stream Fishing Class
Arts and Crafts Classes - including Beading, Collage,
Christmas Cards in July and more!
Art Wall Openings and more!

SPECIAL EVENTS! Get these on your calendars now!

KIDS CAMPS!: Registration forms are available by e-mail to cindy@wolflaurelpoa.com

Horseback Riding Camp at Wolf Laurel Stables will take place Monday, June 22nd - Friday, June 26th, 10 a.m. to 2:30 p.m.; ages 5-18; Cost - \$285 per camper (check payable to Wolf Laurel Stables). Bring a bag lunch and wear appropriate attire. Liability Release required for each camper. Register by June 19, 2015 - payment must be received for registration to be accepted (first come, first serve basis). No refunds after June 5, 2015. For more information, contact David Payne at 828-678-9370 or 828-380-9222 after hours.

The (FAMOUS!) Village Wolf Cubs Kids Camp will take place Monday, July 6th - Friday, July 10th, 9 a.m. to 3 p.m.; ages 5-10; Cost - \$250 per camper (check payable to WLPOA). This camp takes place in the Village Pavilion and is only for Village Club members, their visiting family and friends. Bring a bag lunch, change of clothes, warm jacket, bathing suit and towel. A snack and bottled water will be provided each day. Register by June 1 - no refunds after June 19th. Bring a white cotton T-shirt for Art Day (Tie Dyeing) and get ready for TONS of good old fashioned fun and learning about Science, Crafts, Wildlife and more! E-mail cindy@wolflaurelpoa.com.

Vacation Bird School offered by Southern Appalachian Raptor Research will take place Monday,

July 6th - Friday,
July 10th, 8:30
a.m. - 4 p.m.;
Cost - \$250
per camper
(check payable
to SARR). VBS is
a science day-
camp providing
an intensive, fun
and adventurous



immersion into the ecology of breeding birds using the mountain habitat as the outdoor classroom with daily expeditions to Big Bald. Rising 5th - 7th graders are encouraged to apply. Limited scholarships and space are available. For more information and registration forms, go to: <http://bigbaldbanding.org/vbs-2015-registration/> or call 828-736-1217.

INDEPENDENCE DAY CELEBRATION,

July 4, 2015 7 p.m.!!

We will coordinate with the Wolf Laurel Country Club to provide a full day of great activities and fun. Our Village Celebration will begin at 7 p.m. Be looking for more information about this amazing event and ticket sales. We'll have fun for everyone with a great band, Simple Folk, to get you dancing. We'll have a fire truck from Ebb's Chapel Volunteer Fire Department the kids can explore, concessions food for kids of all ages, inflatables for the kids and the best fireworks show around! All welcome.

BURN THE NOTE CEREMONY AND PARTY,

Friday, August 7, 6 p.m. at the Pavilion

Come celebrate paying off our WLPOA loan to purchase the Village. More details to come.

LABOR DAY WEEKEND OYSTER ROAST, Friday, August 28th, 6 p.m.

A great celebration in the Village Pavilion with the freshest oysters harvested by hand and lots of side dishes. Look for ticket sales announcements and don't miss this special Friday Night Social!

I'm looking forward to seeing you all soon!
Cindy Tucker



Shannon E Bryan

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Lots for Sale

69 Bee Tree \$19,900
584 El Miner 25,000
235 Hanging Rk 37,500
206 SpringBrook 35,500



3 Bedrooms 2 Bath Log Cabin with LONG RANGE VIEWS over looking the ski slopes. Open Floor Plan, Kitchen, Dining Area, Great Room with Vaulted Ceilings, Split Floor Plan and the lower level offers Media/ Game Room. The back property line is the Mars Hill Water Shed...Lots of decking for entertaining. Furnishings are negotiable. **MLS 552475**



1 Bedroom 1 Bath Condo with **Long Range Views**, Completely Remodeled, New Granite counter tops, New Wood flooring, Gas fireplace, 1st floor unit for easy year round access.. No Stairs ! Enjoy your Long Range View while dining on your Private Deck.

MLS 488961



Custom 3 Bedroom, 2 1/2 Bath Open, Bright, & Airy, Vaulted Ceilings Master Bedroom Suite, SS Kitchen, Hardwood & Carpet flooring, Stone Fireplace, Central Heating, Ceiling, Fans, Central Vacuum, Screened Patio, over 1,000 ft of decking, fenced in yard for your pets & also includes the lot next door. 1.5 Total Acres. **MLS 519955**



Remodeled 4 Bedroom, 3 Bath Ski in, Ski out home with Long Range Views. Split floor plan, Open, Vaulted Ceilings, Wood flooring, Fireplace, & Game room. Large Decks for Entertaining, Great Family Home or Investment/Rental Property. **MLS 451100 \$399,000**



Freshly Painted 2 Bedroom, 2 Bath Home, Open, Bright, & Airey, Vaulted Ceilings, Wood flooring, Large Fireplace and Back deck...Lots of Space for Family & Friends. Easy Year round access.

MLS 534546 \$125,000



Immaculate Golf Course 3 Bedroom 2 Bath home Open, Bright, & Airy, Wood & Tile flooring, Large Living Room & Kitchen, Stone fireplace, lots of space for family & friends.

MLS 514214 \$298,000

VILLAGE VIBES

Earlene Shofi

GOOD BYE “AMENITIES.” We’ve enjoyed your many benefits, BUT NOW our members have chosen a new title for our numerous programs and activities. AND THE WINNER IS...

“THE VILLAGE CLUB AT WOLF LAUREL”

Scores of thanks to our “used to be” Amenities members who took the time to send their comments and suggestions for the best descriptive new name. There were many suggestions from our members for a more appropriate replacement name and very positive comments favoring the name change. We compiled a list of names that were mentioned most often and chose six that were the most popular entries. The membership voted on those six, with an overwhelming majority preferring “The Village Club!” Watch for emails and program updates with our shiny new name - a great way to start the season. Cheers!

Employment Opportunity

Seeking motivated, mature seasonal staff for The Village Club at Wolf Laurel located within The Wolf Laurel Resort. Term of employment is May 1 through October 2015. For more information and appointments, please contact Cindy at 828-689-4089 or email cindy@wolflaurelpoa.com.

New Procedures for “The Village Club At Wolf Laurel” Rental Program

Note the name has changed from “Amenities” to The Village Club at Wolf Laurel.

If your home is currently in the Village Club (Amenities) rental pool, the procedure to allow use of the Village facilities by your lessee has changed. In the past, those in the Amenities rental program paid their regular annual Amenities dues plus an additional annual fee of \$150.00, to remain in the rental program. There is no longer an additional annual rental fee for Village Club (Amenities) members, as a new “membership” status has been created for your lessee(s). Charges are now based on the length of the lessee’s rental contract. If your renter chooses not to use the Village facilities, no fee is charged. If use of the facilities is desired, the lessee is required to fill out a membership application and give it to the Village Club Director in the Village Community Center, along with appropriate payment and a sponsorship letter, before using any of the facilities. All adult persons, (lessees) agree to carry identification membership cards, issued in the WLPOA Village Community center office and will abide by all WLPOA rules and regulations. This new membership status is called “Term Memberships,” and allows use of all Village facilities during the membership period. The following is a schedule of membership fees:



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Cline Coates, Owner

Phone: (828) 689-3181

Cell: (828) 206-3181

Email: clinerc@frontier.com

- Term of 3 days - \$50.00
- Term of 7 days - \$100.00
- Term of 35 days - \$150.00
- Term of 95 days - \$300.00
- Term of 180 days - \$350.00

There is an additional charge of \$15.00 per person per day in excess of six.

Please note that these fees may be paid by either the lessee or owner/agent, and those eligible to enroll their lessees must be members of The Village Club at Wolf Laurel and enrolled in the rental program. Owners in the rental program or their agents are strongly encouraged to inform lessees that use of the Village facilities is permitted only for Term Members. Please call the Village office at (828) 689-4089 or stop by the Village Community Center during regular business hours for more information.

For the complete “2014 – 5:Term Memberships” Rule, please visit the WLPOA web site at, www.wolflaurelpoa.com.

Wolf Laurel License Plates

Have you seen folks on the mountain displaying Wolf Laurel license plates on the front of their vehicle and wondered how they got them? Two different Wolf Laurel License plates are available at the Roads Maintenance & Security office in the Village. The cost is \$10.00 each and to get one (or more), just go by the office, see Louise or Sandy and choose your plate(s). Regular office hours are 8 a.m. – 4:30 p.m. Monday through Friday.



TAI CHI CAN HELP

Melissa Drake and Gary Patrick

Increase balance and flexibility,
Learn to move safely and more fluently,
Strengthen the immune system,
Lower your blood pressure, and
Decrease osteoporosis and the pain of arthritis...

No wonder Tai Chi is the most popular form of exercise on earth! Officially recognized for its contributions by the U.S. National Institutes of Health, it has surged in popularity as western doctors increasingly recommend it for their patients.

At first I saw the slow, graceful movement of our Village Club program's Tai Chi classes to be a means of calming and refreshing my overactive mind. What I actually got was greater flexibility, better breathing and an overall increase in vitality. It even lowered my blood pressure! Sharon Marable agrees as she reflects on the sense of well being the class has contributed to her life over her ten years of attendance, "It seems to combine the benefits of both exercise and meditation. Nothing else can do that."

Lee Moeller also has benefitted from Tai Chi saying, "I didn't really know what Tai Chi was until an episode with my back made me seek an exercise that might alleviate the pain with no further injury to my back. Tai Chi has done that and more!"

Lee and Larae Weaver started taking the class last year and they plan to continue Tai Chi this summer. Lee says it helped him cope with his neuropathy and he especially noticed an improvement in his balance. Larae says it really is very enjoyable. She seems to sum it up

for us all when she says, "I just want to keep moving!" It is not just Tai Chi – it's the instructor! Fred Buck is excellent. He is not just knowledgeable, he is patient and he cares. He has been loyal to improving his own development as well as improving the development of others. Fred is trustworthy and people trust him. He not only instructs the art of Tai Chi but he teaches the philosophy. His openness allows participants to discuss Tai Chi in a manner that allows for growth and healing.

You can learn Tai Chi techniques without also having to accept the philosophy.

Class members benefit. Those who persevere feel better and overall, seem to do better.

Do you know how to safely stand up, if you are on the ground?

Can you reach for something without over extending?

Can you move

something without over taxing yourself?

Do you know how to create a flow or rhythm in your life?

Tai Chi can help with all the above. We, as a class, are currently devising ways to apply Tai Chi to daily activities. The goals are to make life safer, move more smoothly and efficiently, and just feel better.

Wolf Laurel is one of those exceptional places to live or to visit. Tai Chi with Fred Buck and our class makes it even more special.



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EXERCISE ERRORS TO AVOID

Cathy Johnson, BSN, MA, MBA, ACE Certified personal Trainer

I am currently taking a study course from the American Council on Exercise (ACE) to keep my personal training certification current. The course, **“Framework”** is written by a leading sports medicine orthopedist, Nicholas A. Dinubile, MD. One of the chapters is very enlightening as it highlights myths and misconceptions about exercise, some of which most of us have undoubtedly subscribed to over the years. The text that is quoted and italicized for emphasis is from Dr. Dinubile’s book, FRAMEWORK. Following are these misconceptions and rationale for not adhering to them:

1. **Always stretch before exercising.** Back in the 1970s this idea became popular as “experts” advised if one did not stretch before exercising, an injury could occur. Several decades later, the Centers for Disease Control and Prevention conducted a study that demonstrated *“stretching before activity really provides NO protective benefit; in fact, stretching cold is more likely to cause an injury.”* This is the rationale for my toning classes where we warm up before beginning resistance work and stretch at the end of the class.

2. **No guts, no glory - so just tough it out.** Pushing oneself through pain and not gradually working up to a higher level of exercise will most likely backfire. *“You do not want to be so tough on yourself that you put yourself on bottles of painkillers or in an aluminum walker someday.”* The safer method is to stop if encountering pain and find out from a professional how to best modify what you are doing to prevent injury.

3. **When it comes to weight lifting, it’s what you see in the mirror that counts.** “Mirror muscles” are those in the front part of the body that can be seen in a mirror. This creates an imbalanced tightness in the front of the shoulders, *“which is just asking for rotator cuff problems.”* The same is true for the abdominal musculature; too many crunches will eventually result in low back problems due to muscular imbalance. My classes focus on working most all muscle groups, including the opposing ones. For example, working the quadriceps (front of the thigh), and working the hamstrings (back of the thigh).

4. **You “gotta” load on the weight to get the results.** You should never sacrifice proper form for added weight. *“When you use too much weight, you compensate by ‘throwing,’ relying on momentum.”* All movements in resistance training need to be slow, controlled and steady. Good form and a slow pace are vital to exercising the entire muscle and preventing injury. In my classes, I encourage participants to pick weights that will allow them to perform three sets of 12 repetitions each. The last few reps should be challenging, but not painful or using poor form.

5. **If a little is good, more is better.** When it comes to increasing muscle strength, more is not better. *“Muscles respond to optimal overload, then resting them. Too much training can cause muscle breakdown and loss.”* Weight work and running are examples of those exercises that should have a day of rest between them. Walking, stretching, yoga, core work and other lower intensity activities can be done daily. Dr. Dinubile recommends stretching daily, especially for those prone to tight joints and muscle pulls.

6. **Just do what you love to do.** There is no one perfect activity that will give you all the benefits needed to maintain a healthy cardiopulmonary system and framework, including muscles, tendons and ligaments. *“Runners who only run will have great hearts, but extremely tight and overdeveloped calves, relative weakness of the front muscles in the shins, extremely tight hamstrings, tight lower backs, weak abdominal muscles, wasted upper bodies and weak quads.”* Therefore, a well-rounded and integrated fitness program including cardio, resistance, flexibility and balance is your best course of action to maintain a healthy and well-conditioned body.

7. **Women need to avoid heavier weights to avoid becoming “bulky.”** *“The response of the body to increased load is to lay down extra bone density along with extra muscle, and even build stronger tendons and ligaments and healthier joints.”* The average woman, with a very different hormonal makeup than the average man, almost never has to worry about becoming too bulky! Resistance training is the most effective and efficient way to make sure you are strengthening all of your



bones. You will not obtain these benefits from only a pool, a stationary bike or a mat!

I will begin conducting resistance, flexibility and balance training on May 1st as part of the Village Club at Wolf Laurel. My classes have grown through the years and last summer and fall, averaged about 20 participants per class. I look forward to seeing those that have been attending and welcoming new participants. My motto is, "If you don't use it, you'll lose it!"

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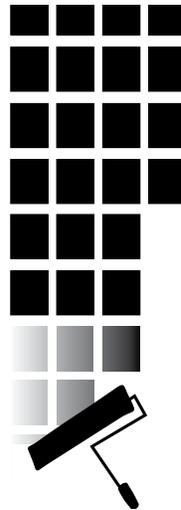
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MEET YOUR NEIGHBORS!

Bobby and Mary Lou Hicks

“This is like a dream!” or “Is this really where we live now, we’re not just visiting?!” is often what Mary Lou and I say on a regular basis about living in the Wolf Laurel community on the 14th tee. If you would have told us 12 months ago that we would be moving from Hendersonville, North Carolina to Mars Hill, just one hour north, we would not have believed you. We had a very full life in Hendersonville for many years, daughter Julia attending elementary and high school and we had grandparents just five minutes away. Life is constantly changing and evolving, Julia went off to college at UNCG as a music education major and our grandparents passed after living well into their 90’s. This relocation has been unexpected and absolutely glorious, partly because of the natural beauty that surrounds us each day, but mostly because of our neighbors and new friends. The quality and attitude of the people here is what really make this mountain special and we are so excited to be part of all this fun!



College brought us both to North Carolina in the 1990’s although we had no idea the other existed in the world (Bobby in the early 90’s from Cleveland originally and Mary Lou in the late 90’s from Chicago). I attended Appalachian State University and graduated with a degree in Political Science. Six

months earlier, while a college student, my daughter Julia was born. When daughter Julia was just 9 years old I became a single dad and focused on my career and raising a child in Hendersonville. Mary Lou attended college at UNC Wilmington for her undergraduate degree and then to Western Carolina University for her two master’s degrees in business. Beautiful and smart is always good. Mary Lou currently works for Bankers Insurance in Asheville, as an Account Executive and an “Obamacare” expert, working with employers on their employee benefit compensation packages. Mary Lou also owns Hicks Real Estate Group, a real estate brokerage firm.

Our lives would collide in 2005 when we met while

working in the banking industry, both working for Carolina First Bank and TD Bank. Mary Lou was the “Money Manager” for the downtown Asheville location, and I traveled all over western North Carolina to keep an eye on the commercial loan portfolio for over two dozen branch



locations. For many months I would visit the Asheville downtown location on my regular schedule, but after I met Mary Lou my visits to that branch became much more frequent. After many “business” lunches or after hour meet-ups, we began dating and a few years later we were married. Julia got a great role model and mom and I felt like I led a charmed life for sure (at least that is what Mary Lou keeps telling me).

As a loan officer and commercial banker with Carolina First and TD Bank I was familiar with the Wolf Laurel community from my banking activities. Mary Lou also knew of the area from her banking days and we both loved the outdoor allure of the Carolina Mountains, originally why we both moved to this region. In 2012 while an officer for TD Bank I earned my Master’s degree in Entrepreneurship from Western Carolina University and in 2013 Mary Lou and I decided I should leave banking, so we started a real estate brokerage firm. As fate would have it my parents Bob and Roz were looking for a second home in 2013, you know how those Floridians are, so they hired me as their Realtor and I began the search within the gates of Wolf Laurel. After many trips to Wolf to look at homes, they purchased a home on the 16th fairway and closed on November 2013. Mary Lou, Julia and I would visit frequently from Hendersonville when they were on the mountain and when they were in Florida we would use the house for really, really big parties (please don’t show my folks Bob and Roz this article). Long story short we fell in love with the community in spring of 2014, got a flavor for the Club, the community, and the members. On a lark, one Sunday morning in July 2014, while we were visiting with my parents, Bob and Roz, Mary Lou was just curious

about the homes on the market at Wolf Laurel. So we looked at two homes just for fun. The second one at 232 Wonderly Lane just spoke to us. Our 5 year old rescue dog, Daisy the German shepherd, also told us in her own way that Wolf Laurel was awesome. By the end of August we closed, began some renovations and were moved in

my mid-September. A whirlwind we are still feeling, in a good way! We are getting used to life at Wolf Laurel and we look forward to getting to know more of our neighbors. The focus of our real estate company is now the Wolf Laurel area (imagine that!). We are so grateful to be part of this community, up “on the mountain”.



Bobby Hicks, M.E.,
Broker/Realtor #275326
828-333-3505 direct line

- National Franchise - Keller Williams
- Full Time Resident of Wolf Laurel
- Holds a Masters Degree in Business
- Formerly a Commercial Banking Officer in Asheville

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WELCOME New Members!

We are pleased to welcome the following new members that have joined WLPOA since January 1, 2015. The Membership committee is planning to have a coffee drop-in, June 13th, 10:00 AM at the WL Community Center. This is open to any new property owners in the last couple of years. It is an opportunity to meet new neighbors and get some of your questions answered about WL.

Village Club Members:

Bob & Jan Matthews
157 Trillium Lane
828-319-2398
bmatthews.47@gmail.com

Harvey and Mary Winn Nelson
186 Cottage Lane
Mars Hill, NC 28754
864-895-6929
300 Farmers Market Street
Taylors, SC 29687

Rebecca Scott
328 Mckinney Gap
Mars Hill, NC 28754
410-382-5784
Aztexx62@gmail.com

Mike and Ginny Stapleton
350 Unakite Lane
Mars Hill, NC 28754
3030 Kingfisher Point
Chuluote Point, FL 32766

Laura and John Walt
363 Grouse Thicket Lane
Mars Hill, NC 28754
828-689-0028

Village Club Trial Members:

Cate and PJ Aaron
291 Flame Azalea
Mars Hill, NC 28754
561-685-2232
caten@att.net

Edgar & Mary Bunch
P.O. Box 402
Ozona, FL 34660
727-798-3123
ejbgator@gmail.com

Village Club Trial Members:

Bobby and Mary Lou Hicks
232 Wonderly Lane
Mars Hill, NC 28754

Russ and Mary Lou Woodiwiss
50 Gardenside Rd
Mars Hill, NC 28754
772-321-5485

Monte and Mary Alice Veal
628 Running Cedar
Mars Hill, NC 28754
828-680-9597

WLPOA Members:

Ada D. Hall
920 McKinney Gap
Mars Hill, NC 28754
770-546-1814
Adabug1946@gmail.com

Cline Coates
253 Cargile Branch Rd.
Marshall, NC 28753
(Lots on Springbrook)

Carol and Chuck Kinsey
648 Zebulon Drive
Mars Hill, NC 28754
828-689-5296

James D Larsen
1021 Woodcrest Ave.
Safety Harbor, FL 34695

Tedi McManus
1258 El Miner Dr
Mars Hill, NC 28754
252-299-2108
1708 Kenan St. NW
Wilson, NC 27893

WLPOA Members:

James and Tina Mewha
448 Flame Azalea Lane
Mars Hill, NC 28754
727-897-8677
6900 15th Ave N.
St. Petersburg, FL 33710

Jane Rowland
58 Swan Point Trail
Georgetown, SC 29440
(Lots on Tearshirt)

Jenny Sanchez
164 Rose Hill Rd.
Sanford, FL 32773
Lot 159 Phacelia Lane

Steven Scott
2153 Dryden Court
Melbourne, FL 32935
Lot 734, Oakridge Lane

Dan Shufford
900 New Haw Creek Rd.
Asheville, NC 28805
(Lots on EL Miner)

George R. and Paula Stone
119 Fox Den
Mars Hill, NC 28754

Gwen Vickers
33 Silver Fox Lane
Mars Hill, NC 28754

Freddie and Jane Wallin
2324 Long Branch Rd.
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Mountainside Cottages at Wolf Laurel Final Phase - Lot Sales

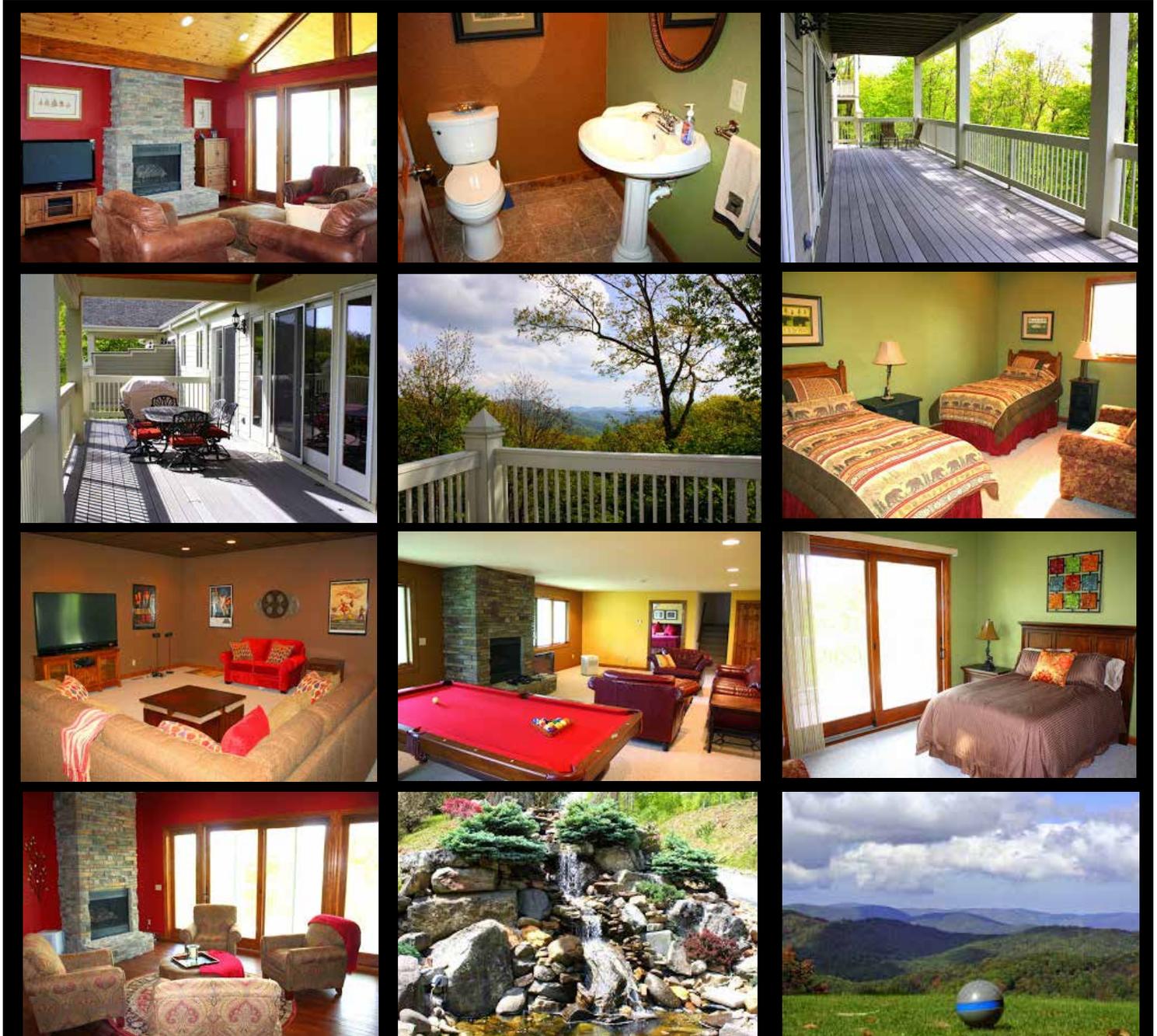
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Contact Mike Howard at 321-508-3588 or email mikehoward54@me.com

“Sunday Set-Ins” Concert Series at Ebbs Chapel Performing Arts Center

What:	Musical Concert Series presented by the Madison County Arts Council		
Where:	Ebbs Chapel Auditorium		
When:	SUNDAYS, 4 p.m., June 28 th , July 26 th , August 30 th		
WHO:	June	Clay Lunsford and Wayne Henderson	\$15 plus NC sales tax
	July	Sheila Kay Adams	\$15 plus NC sales tax
	August	The Kruger Brothers	\$30 plus NC sales tax (\$35 at the door)

The **Madison County Arts Council** is delighted to announce its new summer series at the Ebbs Chapel Performing Arts Center. “This is a lovely restored auditorium in the Upper Laurel Community of Madison County,” remarked Laura Boosinger, Executive Director of the Madison County Arts Council. “Many people from across the community combined their talents and resources to bring this facility back to life. We are happy to be working with folks at Ebbs Chapel to expand our concert productions to another area of the county. The facility is a gem and we look forward to sharing it with our audience.”



This inaugural summer series features top notch talent from across the region. **Clay Lunsford and Wayne Henderson** present a varied

program of thumb and finger-style guitar playing. Clay plays in the style of Chet Atkins and Merle Travis. His tunes range from smooth classics such as “Bye Bye Blues” to swing numbers like “Sweet Georgia Brown.” Wayne Henderson is known as a master of the six string guitar and was featured with the likes of Albert Lee and Jerry Douglas on a tour produced by the National Council of Traditional Arts. Some might be more familiar with his work as a luthier and the maker of Henderson Guitars. You will find Wayne’s guitars in the hands of David Holt and Uwe Kruger. Eric Clapton happened upon a Henderson in a New York recording studio. It wasn’t long until he was playing one of his own. The story was chronicled in the book “Clapton’s

Guitar.” Expect an enjoyable afternoon of humor and music when these two get together.

In 2013 **Sheila Kay Adams** was awarded the National Folk Heritage Award from the National Endowment for the Arts. She grew up in Sodom learning the “love songs” at the knees of her Great Aunt Dellie Norton. Many know Sheila Kay from her award winning civil war novel, “My Old True Love.” Set in Madison County, “My Old True Love” gives a local perspective to what the war brought to Madison County. The book is laced with the old songs, broad brushed images of our local mountains and the strong ties required of families in war torn times. Sheila Kay never fails to delight with her singing, storytelling and banjo playing. Sheila Kay Adams is a cultural treasure to all, but a neighbor to those who live here.



Rounding out the series will be **The Kruger Brothers**. Born and raised in Switzerland, The Kruger Brothers moved to Wilkesboro, NC at the foot of the Brushy Mountains in 2002. In Wilkes County they found



a community of music lovers and they found home. Since their formal introduction to American audiences in 1997, The Kruger Brothers' remarkable discipline, creativity and their ability to infuse classical music into folk music has resulted in a unique sound that has made them a fixture within the world of acoustic music. The honesty of their writing has since become a hallmark of the trio's work. In their ever-expanding body of work – Jens Kruger (banjo and vocals), Uwe Kruger (guitar and lead vocals), and Joel Landsberg (bass and vocals) – The Kruger Brothers personify the spirit of exploration and innovation that forms the core of the American

musical tradition. Their original music is crafted around their discerning taste, and the result is unpretentious, cultivated, and delightfully fresh. "The Kruger Brothers are always a delight and the never fail to inspire!" remarked Boosinger. "We know this concert will sell-out."

Tickets for the series can be purchased from the Madison County Arts Council by calling (828)648-1301 or by visiting www.MadisonCountyArts.com. Individual show tickets may be purchased as well as a season pass for all three concerts at the discounted price of \$50 until June 15.

**More Concert Opportunities at Ebbs Chapel Auditorium
sponsored by the Upper Laurel Community Organization**

May 16, 7 p.m., The Hensley Bluegrass Band. Pre-concert dinner in the Ebbs Chapel Senior Center at 5 p.m.

June 6, 7 p.m., The Principles, Bluegrass Gospel. Pre-concert dinner in the Ebbs Chapel Senior Center at 5 p.m.

August 8, 8 a.m. – 3 p.m., music by various groups at the Blackberry Festival



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4TH OF JULY 2015 FESTIVITIES IN WOLF LAUREL

Earlene Shofi

FUN ~ FIREWORKS ~ FOOD ~ MUSIC ~ PARADES

The Wolf Laurel Property Owners Association and Wolf Laurel Country Club are joining forces in planning day-long festivities in celebration of our country's 239th Independence Day. Here is a sampling of the activities planned by both groups, ALL of which will be on Saturday, July 4th, 2015.

Wolf Laurel Country Club will kick off the celebration on Saturday, with the singing of the National Anthem followed by a red, white and blue Golf Cart Parade, Doggie Parade, entertainment, a delicious cook out and music. This year's theme is "The American Dream." Participants in the parades, including canine entrants, usually coordinate their costumes to complement the theme. The event schedule, dinner plans and pricing will be announced at a later time. This event is open to all on the mountain.

The celebration continues Saturday evening with the WLPOA's planned activities. The popular band "Simple Folk" has agreed to return again, so come on down to the Village for some great music for listening, singing or dancing. Kids activities include face tattoos, those totally fun inflatables for the children to test their climbing skills, the Ebbs Chapel fire truck for kids (and adults) to explore and great concessions: cotton candy,



snow cones, popcorn and more. Last, what we all wait for, FIREWORKS!! Bright, loud and smoky, this year's pyrotechnics display promises to be the best ever.

Participants are encouraged to bring picnic baskets, flashlights, chairs and blankets. There will be a drop-off available for all your supplies. Tickets will be on sale at the Village Community Center, (pricing and sales schedule to be announced at a later date). All activities and concessions including water and soft drinks are included with the purchase of your ticket. Handicap parking is available at no cost upon request, (please reserve parking in advance through the WLPOA office in the Village Community Center when you purchase your tickets). Call the Village Club activities office (828)689-4089 for information.

*Sponsors for the WLPOA celebration are welcome, from both businesses and individuals. All contributions are greatly appreciated and go directly towards enhancing the 4th of July experience in Wolf Laurel.

WLPOA and WLCC are committed to providing the most enjoyable ever, community celebration of Independence Day.



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Hospice Spring Plant Sale

Saturday, May 23, 2015

10:00am - 2:00pm

Wolf Laurel Country Club

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BE MY GUEST!

Gwynne Beneke

As the weather warms and we begin to look forward to the return of friends to the mountain and the arrival of guests during the summer and fall, we decided to take a hard look at the guest room. Our guest room is on the lower level of our home – away from where we spend most of our time. It sometimes becomes a space where we “store” things that we don’t use frequently: Christmas china is stashed beneath the bed; out-of-season clothes and extra bedding accumulate in the closet; seldom used entertaining items are almost forgotten in the cabinets in the en-suite bath; “saved” but no longer used potential heirloom items rest for future gifting in the bureau drawers. Since this is our primary residence and our 2nd residence is mobile with even less storage space, the temptation to keep or collect “stuff” shows itself in any seldom-used space -- particularly in the guest room, its adjoining bath and closet.

The result of my taking stock of the room’s use for summer visitors was a list of must-haves and potential luxuries for the three guest spaces – bedroom, bath, and closet. I also tried to remember what made visits, when I was a guest, either routine or particularly pleasant and memorable. Here are some of my conclusions.



BEDROOM:The bed itself and its size depend on personal preference, need, and space available, but it hopefully is of good quality and very comfortable. Perhaps it needs your testing. How long has it been since you slept in it? From time to time it might be a good idea to spend a night in your guest room. (I like to nap in our room; I can close the shades to darken the room. That’s a plus.) I’m also picky about bedding; the sheets are the best cotton I can afford and the comforter is non-allergenic. Another must-have: a fresh water bottle or carafe and Kleenex on BOTH sides of the bed and adequate lighting for reading. Additional niceties: extra bed pillows, a flashlight, reading material, clock, TV. When we bought our house, the guestroom and bath were painted a bright yellow; we repainted them a pleasant, restful shade of blue. An unobtrusive nightlight, leading one safely to the bathroom is handy. Living plants, fresh flowers, a bowl of fresh fruit and snacks, coffee and tea makings nearby (if there’s space available) are nice

touches; these may be laid out as guests arrive; these small details also say “You are special to us!” I also cleared two large drawers in the bureau for guests, and made sure the luggage rack was in good shape. There are also chairs for occasional use. (At least there should be a bench for dressing.)

BATHROOM AND CLOSET: Fresh toiletries, a couple of new toothbrushes, bottled water, and plenty of extra towels are necessities. (My dentist offers free ready-gelled and disposable toothbrushes – I take advantage!) We hang two freshly laundered terry robes on the wall and also add a small make-up mirror. (When we travel I carry my own lighted one; it drives me crazy not to be able

to see closely!) The bath itself, tub or shower, should be SAFE; there are removable hand-grips that can be placed in vulnerable areas. And a slip-proof mat for the shower/tub? Yes! Also one drawer becomes a first-aid kit: tweezers, multiple sized Band-Aids, Neosporin, Aleve/ Advil, Tums or other antacid, floss, disposable razors, scissors, toothpaste and small bottle of mouthwash are some of the items there. (Funny how we can forget

some of this stuff when we travel!) Another nightlight and a lamp for additional light provide a relaxing ambience.

THE CLOSET: a clear space (at least 18 to 24 inches) is convenient for hanging clothes. Wire hangers are another pet-peeve of mine, so please, several good hangers, either wood or padded, to protect guests’ good travel clothes. If possible, clear a whole rack and provide space for storing guests’ luggage. An extra blanket for cooler nights, stored in plain sight, is also a requirement.

Thus reviewing guest quarters and preparing well ahead of the time of guests’ arrival lessens the inevitable stress of hosting, no matter how we look forward to loved ones’ visits. We love having company and planning is a part of the fun, but there are still meals to plan and shop for, activities to arrange and reservations to make! Having the guest bedroom well arranged and ready for a restful visit provides peace of mind for everyone.

BE MY GUEST!

VILLAGE CLUB ANNOUNCES DINING OUT WITH FRIENDS PROGRAM

Amelia Woolf

Members of the Village Club at Wolf Laurel are invited to participate in the Dining Out With Friends events during the coming season.

Thursday, May 21 at 6:00 pm: Dinner at the Twisted Laurel, 10-A South Main in Weaverville. Greek specialties, pasta, pizza, steak, and burgers. On Thursdays wine is \$4.00 off bottles, half price on glasses.

Wednesday, June 10 at 1:30 pm: Lunch at Nine Mile Restaurant, 233 Montford Ave., Asheville. Caribbean cuisine, hot or mild as you choose. Vegetarian also served. No reservations here, so we arrive when the crowd has thinned. Check out the extensive menu online. We love an appetizer of Live and Give (serves 4) and an entree of Cool Runnings. Fantastic.

Saturday, July 11 at 5:30 p.m.: Dinner at The Farmer's Daughter, 7700 Erwin Highway, Chuckey, Tennessee. Southern home-style food with all the refills you want of 12 veggies and salad and 2 meats or fish. \$15.00 for all food, desert, and drink. Note payment must be by cash or check. If carpooling, we will leave from WL Barn

parking lot at 4:30 and arrive at 5:30 for time to shop at the Mennonite Store next door. Dinner at 6:00. Please call Gene (number below) early for your reservation to guarantee us a 6:00 seating. Well worth the drive through pleasant countryside.

Friday, August 14 at 1:00 pm: Lunch at Brasilia Churrasco Steakhouse, 26 E. Walnut Street, Asheville. An all you can eat "Churrascuria" with a 25 item salad bar and 16 different meats sliced at your table by gauchos. The lunch salad bar is \$15.00, which includes shrimp and smoked salmon. Meat with salad bar is \$27.00.

Saturday, September 26 at 5:00 pm: Dinner at the Garden Deli, Town Square, Burnsville. They have the best ribs around, steaks, burgers, and other specials. After dinner you can stroll over to the Burnsville Town Center for the Mountains Folk Festival. It features bluegrass, traditional music, and ballad singers.

For information on any of these lunches or dinners and to reserve your space, please call Gene Woolf at 208-3949. Carpooling will be available.

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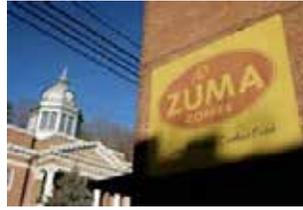
Gwynne Beneke

So many of my reviews are about restaurants in Asheville, and there are some new ones to review there this season; but there are also some new eateries in our local Madison County communities of Mars Hill and Marshall. These are indeed welcome, since we like to “buy local” and to find more accessible places to eat, particularly when they serve excellent food! While all of these cafes are open for dinner, we visited them for lunch and brunch. Main Street in Mars Hill is the location for three: the Stack House on the southwest corner (former location of the pub), Jack Rabbits, a taco/ burrito



and beer place (in the former Southwest restaurant location, a few doors down), and the expanded Papa Nick's (former flower shop location) that now serves full service -- some excellent Italian meals as well as pizza and take-out.

The Stack House serves burgers and special sandwiches, named for local geographical sites. John had the Mt. Mitchell, which was one tall burger! Served with a steak knife plunged into its six plus inches high, a double patties with absolutely everything concoction, this burger rises above its surrounding companions. Add your choice of side – regular or sweet potato fries, salad, house made soup or what-have-you -- and you may only want a bowl of soup for supper. I had the Hot Springs, a grilled chicken sandwich on choice of bun or sour dough with avocado, tomato, red onion, lettuce and a house made chipotle sauce. I chose the bun, so my sandwich was also speared with the steak knife. Please note: once you have picked up your burger or sandwich, it's impossible to put it down! So the knife does have a practical side, enabling you to cut your chosen offering in half at will. Sharing is highly recommended, or asking for a take-out box and the what-to-have-for-supper problem is solved. The Stack House serves several fine beers and a limited selection of wine. Dessert sounded interesting, but we waddled out the door, mumbling “Another time.” We are very happy to welcome this friendly, well-stocked and well-run eatery back on Main Street. Good menu, good chef, good service, good value.



Marshall has long been famous for Zuma, the fresh, local food deli and location for Bobby Hick's Thursday night jam sessions. And we have loved Zuma for its delicious wraps and homemade cookies for

years, but it's nice to have some options. Like Zuma, all eateries are on the main drag. Pot Pies's freezer is always full of really yummy “take and bake” veggie/meat pies and fruit pies, but lunch is served there as well. We haven't been to the Star Diner, farther down the street and past the courthouse, but we went to The Sweet Monkey Bakery and Café for Easter Day brunch.



The Sweet Monkey opened last summer, but we didn't discover it until we returned from our five plus month trip in late March. This is a full menu, chef-owned café that serves menu driven original fare from morning to night! Specials are written on blackboards and seating is rustic and kitchen friendly. Hollie West, chef and owner, buzzes about this busy place, welcoming customers, dispensing hugs and manning the grill and ovens as well. There is an extensive brunch, lunch, and dinner menu. We had a delicious early brunch on Easter Sunday with friends, who were also eager to find a new eatery close by. Both guys had shrimp and grits, a rich and slightly different take on the traditional dish; they were pleased with their choice. The girls had the Sweet Monkey's take on Eggs Benedict: thick French toast, shaved savory ham, and eggs over easy (steamed, sous vide?) and rich, rich Hollandaise sauce. I could only get through half of mine, asking for a take-home box. There were delicious fresh hot cross buns, served with put-the-cross-on-yourself-frosting on the side. The café was crowded and there was lots of lively conversation and laughter. I like the folks in Marshall. There was no four-top available when we arrived, but a couple happily offered to move to a two-top, letting us sit at a table instead of the only seats open, which were at the bar. I swiped a dinner menu for future reference. Here's a sample: Seafood – Salmon stuffed with Kale and Portobello Mushrooms, wrapped in Filo, served with Lemon Butter Caper Dill Sauce and Sautéed Asparagus - \$23.89. Sounds good to me.



Although a little farther
a field, I have to mention
another future favorite in
Weaverville. Soba is a sushi
and Japanese restaurant in
what used to be a bank, on
the main drag downtown. We
had driven by last year and

would say, “We need to eat there.” But it never happened – don’t know why. **DON’T PUT IT OFF LIKE WE DID!** Their lunch special is generous and authentic: miso soup or salad, three California rolls and three tuna rolls – all sushi on the large one-mouthful size. We love sushi and were very happy to find really good Japanese fare so close by. The service staff is quick, courteous and can answer any questions, if you’re not familiar with sushi and sashimi.

The new Asheville restaurants will be featured in the summer issue, but if you can’t wait for oysters (and you know me and oysters!), try The Oyster House Brewing Company on Haywood in West Asheville, just across the street from Sunny Point; it’s open for dinner and Saturday and Sunday lunch, opening at noon; get there early, because the line forms quickly. Good mimosas and bloodies. You won’t be disappointed.



Safe travel to the mountain – see you soon!

COVENANT CORNER

Wolf Laurel Roads Maintenance and Security Homeowners Association

My best guess is that many of you have not had the opportunity to compare the existing Covenants with the “Proposed Covenants.” I’ll highlight here some of the changes the “Review Committee” has proposed. Complete documents of both the current and proposed Covenants are available for review on the Wolf Laurel Road Maintenance and Security Homeowner’s Association, Inc. website.

First is a bit of history as to why a committee was established and what the goals of the committee are. The Committee, headed up by Warren Johnson, is composed of Wolf Laurel Property Owners like you. Other Committee members are Carol Krueger, Susan Bergland, Fred Tygart, and David Schmidt. I must mention that countless hours were put into the review by Warren and Fred. Their efforts are to be applauded. Each item was reviewed as to the accuracy and meaning of the document.

Many of the changes involved rewording the existing Covenants eliminating the references to “The Corporation and BMDC.” The “Association” shall mean the Wolf Laurel Maintenance and Security Homeowners Association, Inc. The current, somewhat wordy document has been streamlined for the purpose of easier understanding by all Owners.

Much discussion was held regarding the elimination of the 5% cap on assessments included in the existing document. After careful consideration, should the Board find it necessary to impose any special assessments to preserve the quality of life as such, Article 1.12 of the proposed document was changed to reflect the following: “1.12. ‘Majority Vote by Lot Owners’ as used in this Declaration shall mean approval by the vote of a majority of the lot owners who cast a vote. To be eligible to vote, a Lot Owner must be fully current in payment of all assessments.” Please read the remainder of this Article regarding voting rights. Thus, a special vote must accompany any proposed increases above the 5% maximum allowed.

Article IV has been rewritten and now solely pertains to the Architectural Review Board. It includes plan submission and the Review Process.

The proposed Covenants are quite simply a piece of the overall plan to ultimately guide Wolf Laurel into becoming a more harmonious place to live.

Yours Truly,
Detour Dave

WOLF LAUREL CARES

Milton Ready

On Saturday, March 28th, the Free Community Feeding Program along with the Lord's Harvest, both missions housed at Mars Hill Baptist Church, fed a hot, savory meal of homemade meatloaf, mashed potatoes, squash casserole, green beans, mac and cheese, cooked cinnamon apples, and tables laden with mouth-watering desserts to more than 250 of our mountain neighbors. Additionally, boxes of food, personal supplies, and books were given to 188 more. The parking lot at the Wagon Wheel restaurant in Mars Hill overflowed with the kind of Christian cheer and good will that comes from such an event.



In all, the two programs served and helped feed approximately 21,000 mountaineers over the last eighteen months. Food boxes weekly are sent to communities and churches throughout the mountains

from Spillcorn to Spring Creek and Walnut, often an almost heroic task in winter months. Currently, Manna and the Feeding America programs recognize the Free Community Feeding Program at Mars Hill Baptist as perhaps the largest among its 257 agencies in 13 mountain counties. In February and March, the program placed the biggest orders for supplies in Manna's history. While some few non-perishable supplies like coffee and flour as well as seasonal produce like apples are free at Manna, most of its supplies, while drastically discounted, still cost. For example, frozen meat prices price at approximately 18 cents/pound and canned goods at one-third to half their original cost. Given their weight and necessity for feeding programs, you easily can spend thousands of dollars each month to sustain the needy.

What does all this have to do with Wolf Laurel and with those of you who are reading this? Simple. Little or none of this would exist without the caring hands and hearts of the Wolf Laurel community. Indeed, many of the programs and projects that sustain surrounding mountain communities and culture owe their origin, inspiration, and continuing support to seasonal or full-time Wolf Laurel residents. For example, just imagine what Hospice means to mountain families, SART or the Madison County Arts Council to the preservation of artistic and musical traditions, and the feeding program to families whose daily discretionary spending per person amounts to less than \$2.00.



Hospice support at Wolf Laurel began with a group of golfers and hikers who still largely support it today while the feeding program originated with the old Ebbs Chapel Foundation.

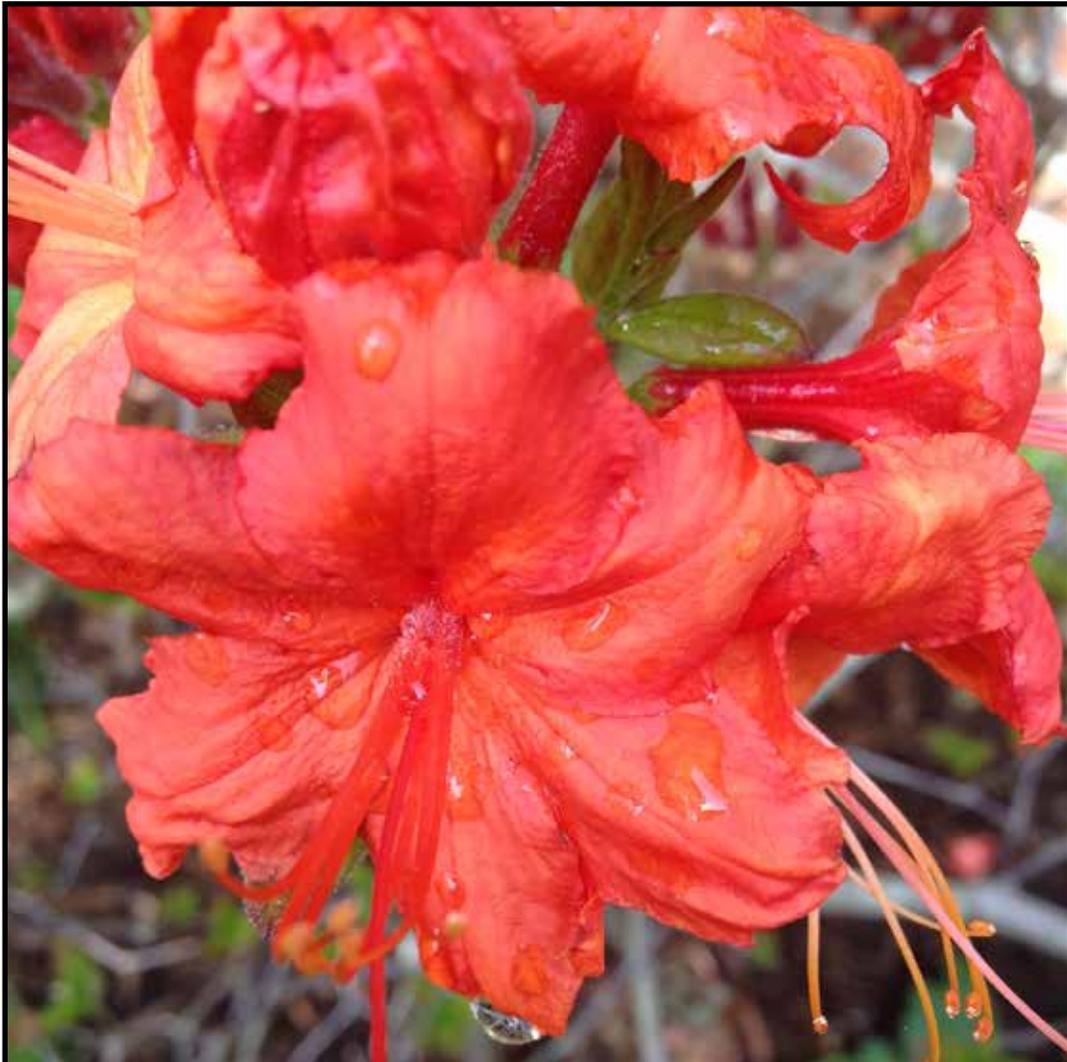
The mention of just a few names like Harriett, Nita, Ann, Lois-Lynne, Cathy, Brenda, John, Mary, Ginny, Eve, Susan, Debbie, Don, Lewis, Michelle, Jack, JoAnne, Louie, Mike, Kay, Carol(e), Sandy, Gwynne, and, mea culpa, to so many unnamed others will tell you that Wolf Laurel cares about its mountain neighbors. You do. Without your help, our entire mountain family and sense of community would be diminished. To paraphrase a Biblical commandment, Wolf Laurelians love their neighbors as they do themselves. That care and love is not "gated" by any boundaries.



*For winter's rains and ruins are over
And all the seasons of snows and sins
The days dividing lover and lover
The light that loses, the night that wins;
And time remembered is grief forgotten,
And frosts are slain and flowers begotten,
And in green underwood and cover
Blossom by blossom the spring begins.*

Charles Algernon Swinburne 1837-1909





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DID ELEPHANTS ONCE ROAM OUR SOUTHERN MOUNTAINS? OR, A GUIDE TO AREA TRAVEL BOOKS

Gene Woolf

For those of us with a wee bit of time on our hands and curiosity about our area, a good regional travel book comes in handy. Here are some suggestions.

A very good series of state-wide travel books are the Moon Handbooks for North Carolina and Tennessee. The North Carolina book was written by Mike Sigalas, who also co-authored a Moon Handbook for the Smoky Mountains. Sigalas prides himself on authenticity, "consuming only hickory smoked barbecue, sweet tea and Pepsi" while he writes. The North Carolina book has 374 pages, photos, historical background and town maps. There are 73 pages on our area. A good book.

The Moon Handbooks to Tennessee is outstanding. Written by Jeff Bradley in 1997, it has been reprinted several times by various authors, but Bradley's is the best. Very informative, witty, and sometimes wickedly funny, it has the same format as the North Carolina book. The section on Erwin is quite good, and is where I first learned of the elephant*. After all, Erwin is the closest town to Big Bald as the crow flies; you can see it from the top. Of course "as the crow flies" is misleading to a driver on mountain roads; not accurate, and anyway, Wolf Laurel crows hang around here all the time, I know "becaws" I listen to their racket all day long.

Another pair of books that I can highly recommend is by Carolyn Sakowski, a native of nearby Morganton, an Appalachian State alumna, and owner/publisher of John Blair Press. Again, there is a volume for North Carolina and one for Tennessee, Touring the East Tennessee (or Western North Carolina) Backroads. In large paperback format, these are excellent and quite interesting guides. The author plans a route for you to follow, by road number, and then describes what you are seeing, with local folklore and historical detail. The books are especially good for architecture, whether log cabin, old farmhouse, or southern mansion: who lived there and what became of them. Chapter three of the Tennessee book covers the area from Roan Mountain, the Beauty Spot, to the Nolichucky River area and Erwin, but no mention of the elephant*. (We were not aware until taught that if your Wolf Laurel property is north of the club or in Blue Mountain, your creeks and streams flow down to the Nolichucky; if south or toward the gate, they flow to the French Broad. It doesn't matter, the water all ends up in the Gulf). These are excellent books with very helpful maps and directions, for use by passenger seat navigators when the driver (usually male) thinks he knows where he is but hasn't a real clue.

Longstreet Press in Atlanta has another large paperback series, the Highroad Guide, with one on the "Southern Highlands", and another on the "Tennessee Mountains." These are very good for flora, fauna, hiking, rafting and general nature, with much on trails, and delightful drawings of the creatures that live along them. Strangely enough, even with all the critters sketched, there is no picture of the elephant*.

There is a Falcon Guide to Scenic Driving North Carolina, by Laurence Parent, and an Insider's Guide to North Carolina's Mountains, by Constance and Kenneth Richards. The Parent scenic drives book is good, but does not have the detail of the Sakowski work, especially regarding houses. The Richards book is more of a where-to-eat, stay and shop item, and of course as noted in the last edition, this type of guide can go out of date. In fact, this is a general caveat to all of these books; a restaurant raved about may be long vanished. The value of this kind of writing is in the description of place and history, not in current cuisine.

One last item deserves high mention: Amanda Gross and Irv Green's paperback Handcrafted in the Blue Ridge: Discovering the Crafts, Artisans and Studios of Western North Carolina, 298 pages, with photos and artists' specialties and locations. The problem is that the last edition known to us is 1997, and some of the crafts people may no longer be working. It is still a valuable guide to what was being done by whom, then.

Enough, for now - more on traveling the rest of our country in a later issue.

**** Elephant. Did I mention an Elephant?

Well, the story goes like this. In Kingsport, Tennessee in 1916, during a Circus Parade, an elephant named Mary ran amok and trampled a child to death. The enraged crowd demanded the elephant be killed. It was decided to hang her. The nearest place to do it was in the railroad town of Erwin where there was a railroad crane large enough to do the deed. So Mary took her last ride to Erwin, and there, almost in the shadows of Big Bald, she was buried. No one seems to recall exactly where. But a thousand years from now, possibly on a university archaeological dig, some scholar will find the bones, and conclude that YES there were once elephants roaming these hills.

HIT,VISIT,PAGE ... WHAT'S THE DIFFERENCE?

Jim Landry

Whenever you click on a website, your computer-unique Internet Protocol (IP) address is captured, time stamped and saved in a database for purposes of analysis, advertising, computer communication, etc. The IP address is necessary for computers to work with each other. For example, that's how your bank knows you are using a different computer and queries to verify identity or how advertisers keep popping up with items specific to your interests. How long they are saved before a purge varies with the Internet Service Provider managing the website.

For our purposes, this data is made available as hits, visits, page views, files, sites, Kbytes, and a number of other statistical categories. The information is then used by a webmaster to see how visitors are using the site in order to make improvements or to simply learn how many times the website and specific pages are viewed. The IP addresses are not viewable, just the statistical information.

In the early days we relied on "Hit Counters" to inform us as to the number of people using a website. Web pages were essentially one file and a hit meant a visit and one could enter and exit several times a minute and run up the counter. The information was interesting to look at but not of much real use for analysis.

Today, we use a web traffic analysis program called Webalizer that is a lot more advanced and telling. It records information on the incoming traffic, and is very specific in telling where a visitor enters, goes and exits the website. Our website has been experiencing between 8000 and 9000 visits per month for a couple years now, and includes visits from countries around the globe.

"Hits" are still useful but not for reporting an accurate count of visitors to the website. With the complexity of today's websites, a single visit to a webpage could record any number of "hits" as it counts every file and photo, etc. on that page as a "hit." The analogy would be a "visit" to a book store is to enter the front door; however, perusing through several books and pages while in the store would be recorded as a number of "hits". Here are some definitions and a screen shot of what is available from Webalizer.

- **Hits:** Represent the total number of requests made to the server during the given time period (month, day, hour etc.). The figure is confusing since it is a collection of components included within the page, each registering as a separate hit with every single request for the page.
- **Sites:** Are the number of unique IP addresses/ hostnames (individual users) that made requests to the server.
- **Visits:** Are requests for a page on the server for the first time. As long as the same site keeps making requests within a given timeout period, they will all be considered part of the same visit.
- **Entry Page:** The first page viewed by a visitor while browsing through a website.
- **Exit Page:** The last page viewed; the page from which the visitor exited.
- **PPC:** Pay Per Click, also called paid searches where the advertiser pays based on the number of clicks on the advertisement.

Look at examples of data collected from the Wolf Laurel POA site in the tables on the next page..

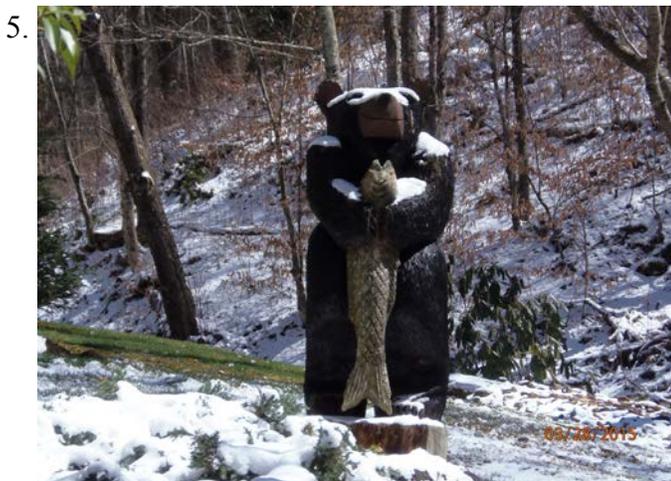
Example of useful information provided by our traffic analysis program

Example of useful information provided by our traffic analysis program

WLPOA Monthly Statistics for January 2015							
Total Hits						28465	
Total Files						17968	
Total Pages						12673	
Total Visits						8204	
Total KBytes						3037697	
Total Unique Sites						4288	
Total Unique URLs						629	
Total Unique Referrers						301	
Total Unique User Agents						617	
					Avg	Max	
Hits per Hour					38	568	
Hits per Day					918	1618	
Files per Day					579	715	
Pages per Day					408	872	
Sites per Day					138	276	
Visits per Day					264	307	
KBytes per Day					97990	196077	
Top 10 of 59 Total Countries							
#	Hits		Files		KBytes		Country
1	8362	29.38%	6467	35.99%	1143475	37.64%	Commercial (com)
2	8295	29.14%	6453	35.91%	570373	18.78%	Network (net)
3	6102	21.44%	5237	29.15%	760317	25.03%	Unresolved/Unknown
4	2367	8.32%	1906	10.61%	279364	9.20%	Non-Profit (org)
5	1311	4.61%	1308	7.28%	6436	0.21%	Brazil
6	329	1.16%	214	1.19%	71931	2.37%	European Union
7	322	1.13%	81	0.45%	78942	2.60%	Ukraine
8	274	0.96%	247	1.37%	65118	2.14%	Germany
9	187	0.66%	187	1.04%	458	0.02%	Argentina
10	123	0.43%	49	0.27%	8686	0.29%	Russian Federation
Top 10 of 28 Total Entry Pages							
#	Hits		Visits		URL		
1	6523	22.92%	6263	83.14%	http://wolflaurelpoa.com		
2	764	2.68%	439	5.83%	/bulletin_board/bulletin_board.htm		
3	184	0.65%	82	1.09%	/amenities/amenities.htm		
4	196	0.69%	74	0.98%	/trading_post/trading_post.htm		
5	183	0.64%	67	0.89%	/contact_us/contact_us.htm		
6	126	0.44%	66	0.88%	/advertisers/advertisers.htm		
7	147	0.52%	64	0.85%	/default.htm		
8	197	0.69%	61	0.81%	/about_us/about_us.htm		
9	87	0.31%	56	0.74%	/paper_clips/		
10	105	0.37%	43	0.57%	/garden_club/garden_club.htm		

WHERE AM I?

Here's a new feature to test your scenic knowledge of Wolf Laurel. See how many locations you can identify in these photos from either the perspective of the photographer's location or the object. Answers on page 37. How'd you do?



WARM WEATHER BRINGS BLACK BEAR SIGHTINGS AND ADVISORIES



Bear Cub in Madison County • Media Contact & Photo Credit:
Geoff Cantrell, 919-707-0186 • geoff.cantrell@ncwildlife.org

RALEIGH, N.C. (March 31, 2015) — The N.C. Wildlife Resources Commission advises that black bear sightings will become more common across the state as weather becomes warmer.

While black bears are not inherently dangerous and rarely aggressive toward people, the Wildlife Commission advises caution and using common sense to reduce the potential for problems.

If left alone, most transient bears will find their way quickly out of town and back to natural habitat. People are urged not to approach or follow bears, or put themselves between a bear and its possible escape route.

“Seeing a bear passing through a neighborhood can cause a lot of excitement,” said Ann May, the Wildlife Commission’s extension wildlife biologist. “But folks need to give a bear plenty of room and allow it to move out of the area freely. To prevent a dangerous situation, crowds should not gather nearby.”

The Wildlife Commission advises people to not feed bears, whether intentionally or inadvertently. Bears accustomed to feeding on pet food, table scraps, garbage and birdseed can lose their fear of humans resulting

in property damage or other more serious problems. Suggested ways to avoid problems:

- Use bear-proof garbage cans or trash containers with a secure latching system.
- Keep trash inside as late as possible on pick-up days — don’t put trash curbside the night before.
- Take down birdfeeders, even those advertised as “bear-proof.”
- If you feed pets outside, make sure all food is consumed and empty bowls are promptly removed.

“It’s a good idea to clean food and grease from barbecue grills after each use,” May said. “Bears are attracted to food odors, so you don’t want to dispose of grease or cooking oil nearby. Be careful with food and food odors in vehicles, as well.”

The Wildlife Commission rarely traps and relocates bears. Relocation can be dangerous to personnel and the bear, and generally proves unsuccessful. Relocated bears often return to where they were originally captured. Additionally, there are few remote areas remaining in the state to which bears can be relocated. For more information, go to www.ncwildlife.org/bear or call 919-707-0050.

Spring Flowers

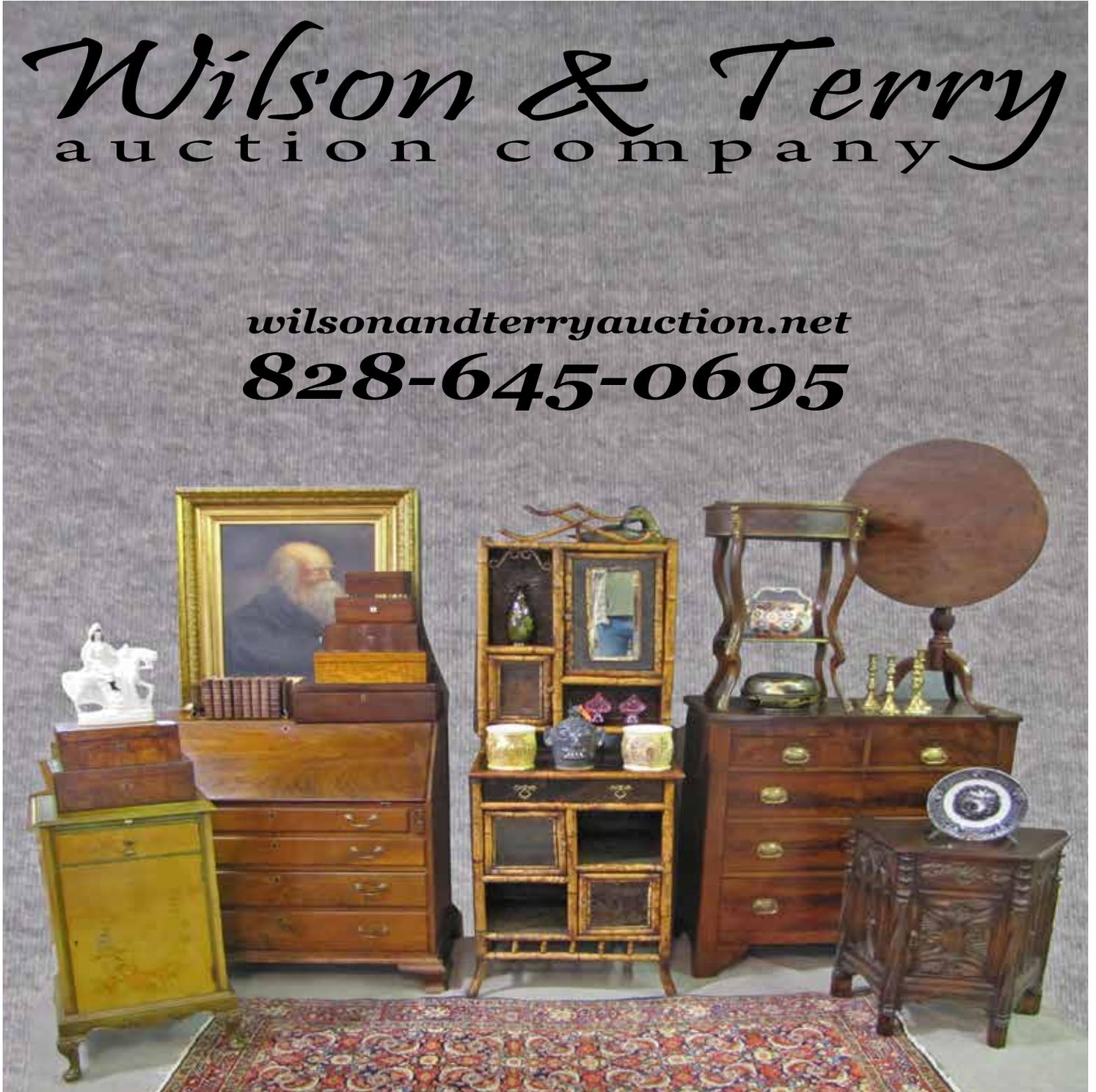


WHEREAM I? ANSWERS:

1. Boulder at the entrance to the Nature Trail from Wolf Laurel Road
2. Bridge from the Pavilion to the Tennis Courts over Wolf Laurel Branch in the Village
3. 13th Green taken from Fox Den
4. Outhouse behind Louis and Lois-Lynn Bellemare's house at 447 Fox Den (with permission)
5. Bear with Fish above the pond at 281 Village Lane (with permission)
6. Wolf Laurel logo above the fireplace in the Pavilion

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231 SARVIS LANE

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820 OVERLOOK DR

3248 sq ft. 3 bedrooms 4 baths. Designers dream w/fabulous views!!! \$598,500



17 GREER WAY

1482 sq ft 2 bedrooms, 2 1/2 baths. .59 acres Cozy log cabin with stream. \$135,000



36 GOLDENLEAF RD

3018 SQ FT. 4 BEDROOMS (4) 1/2 BATHS. Custom built year round home!!! \$515,000



808 MAYAPPLE LANE

3956 sq ft. 4 bedrooms 3 (2) 1/2 baths. Great home with long range views. \$599,000



415 OVERLOOK DRIVE

NEW Builder spec, 3 bedrooms, 3 1/2 baths, Terrific view, paved gentle drive open floor plan \$595,000
LATE SUMMER COMPLETION



68 UNAKITE LANE

3518 sq. ft. 5 bedrooms, 3 1/2 baths. Spacious home with long range views. \$398,000



CONDO 208

1 bedroom, 1 bath with gas fire-place, galley kitchen, laundry, long-range views \$139,500



CONDO 202

1 bedroom, 1 bath with gas fire-place, galley kitchen, laundry, long-range views \$119,900

YOUR HOUSE HERE



466 HANGING ROCK

2240 sq ft. 3 bedrooms, 2 baths. High elevation \$248,000



901 GOLDENLEAF

2715 SQ FT 3 bedrooms, 4 baths. Enjoy the mountain view from private gazebo! \$475,000



51 GARDENSIDE

2071 sq ft. 3 bedrooms, 3 baths. Great home. Oversized lot. \$249,900



673 CHESTNUT LANE

1900 sq/ ft/ 4 bedrooms, 2 baths. Cozy chalet. \$159,000



1262 MCKINNEYGAP

1400 sq ft. 2 bedrooms, 2 baths. Beautifully maintained roundette. \$179,000



216 HAMPTON GAP

2612 sq ft. 3 bedrooms, 3 baths. Great Value, Spacious living. \$315,000



763 GRANNY LEWIS LN

3000 sq ft. 2 bedrooms, 2 baths. Antique log cabin. \$295,000



410 ZEBULON LANE

3074 sq ft. 4 bedrooms, 4 baths. High elevation home in immaculate condition. \$365,000



409 UPPER HAW

3900 sq ft. 3 bedroom 3 1/2 bath. 2.2 acres Beautiful home with tremendous views. \$605,000

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