

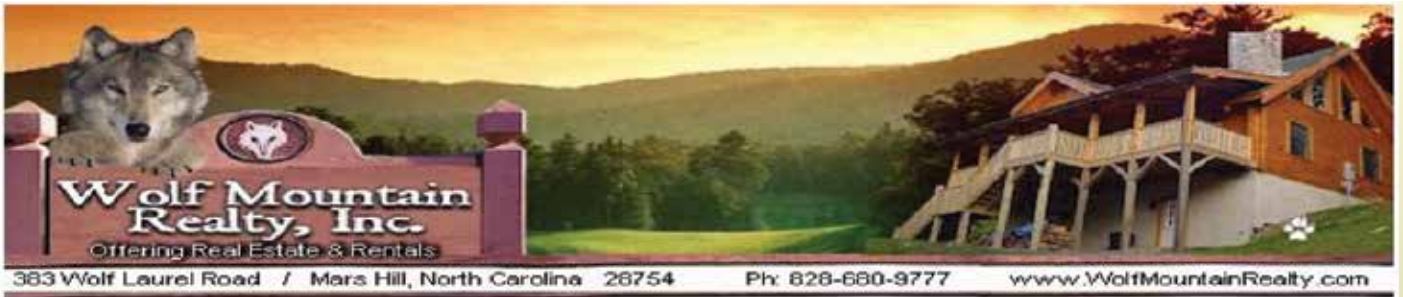


# Top of the Bald

Wolf Laurel Property Owners Association

Summer 2015





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Secretary, To be elected  
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Ronnie Rice, Office Manager  
Cindy Tucker, Village Club Director



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**Top of the Bald Newsletter**

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# PRESIDENT'S MESSAGE

Fred Tygart

The 2015 season got off to a busy start with planning the usual events. Earlene Shofi, our Amenities Committee Chairperson and Cindy Tucker, our Program Director, have done an outstanding job of presenting a full slate of activities to participate in and enjoy through October. Be sure to keep Cindy's current program update on your bulletin board so you can keep abreast of any changes in times or additions to the activities. Our Annual Members' meeting and Board Member Elections was held on Saturday, July 25, 2015 at the Village Pavilion. The new board members will be announced later. There have been no bylaw amendments proposed this year and none are expected. All committees reported and questions and concerns were addressed.

Last season you overwhelmingly approved bylaw amendments creating term memberships to help maintain our "private club" exemption from the American Disabilities Act and to continue and foster the family atmosphere in the Village which we have enjoyed since the program's inception in 2010. Term memberships were an accommodation to the small number of owners in the rental pool as there was strong sentiment not to permit any access by renters to the amenities. The success of this program is dependent upon the cooperation of owners who rent and their agents. There may not be any other alternative to term memberships but to eliminate the program so we hope to make it a success.

The advent of the term membership program has brought a collateral issue to light which is the regulation of access by guests to the Village Club facilities. The drafters of our bylaws in 2010 were concerned about access to the Village as it is open and, without effective control, anyone can just walk in. For this reason Article XIII, Section A(1) of the bylaws was added to require that all guests must be accompanied by a member while in the Village participating in any activity.

For various reasons Article XIII has not been strictly enforced over the past few years, but with term memberships access to the Village facilities must be more effectively regulated. The Board is working to address these issues at this time. It may require a rule

or bylaw change. Our staff must have clear guidelines to follow and enforce in order to maintain control of the Village for the protection and benefit of the Club members. If you have any suggestions or requests on this issue, please forward them to Cindy Tucker at [cindy@wolflaurelpoa.com](mailto:cindy@wolflaurelpoa.com).

In early August, a joint meeting of the Long Range Planning Committee chaired by Rich Ashley and the Finance Committee chaired by Jack Trousdale will be held to consider the future direction, goals, and capital needs of the WLPOA. One issue that will be considered is how to better use the space in the Community Center especially since the offices formerly occupied by the WLRMS will become available after December 31, 2016. With a growing library and other uses being considered, we need to have a structural engineering survey done to determine the load bearing capacity of each floor of the Barn. Safety is always a priority.

This is just one of the matters that will be considered at this meeting. If you have any ideas, concerns, etc. that you think should be considered, again please send them to Cindy Tucker who will disseminate them to the committees as they are received.

I have just reviewed the "Let's Make it Happen" status report dated July 23, 2010 and must say that all those who ponied-up the money for the purchase of the Village probably wondered "what was going to happen?" As we now know the purchase has been a tremendous success. On July 31, 2015, the WLPOA delivered the final payment on the mortgage loan that was necessary in order to complete the purchase. This was a milestone event that will be celebrated with a "note burning" party at the regular Friday Nighters event on August 7, 2015 at 6 p.m. in the Pavilion. Please make plans to attend.

Your Board and Staff look forward to seeing you in the Village and we will continue to work to insure that this season will be another success.

WOLF LAUREL PROPERTY OWNER'S ASSOCIATION  
RESOLUTION

With feelings of deepest regret, the Wolf Laurel Property Owners Association records the passing of Tom Wallace on May 7, 2015.

WHEREAS, Tom Wallace served faithfully on the board of the Wolf Laurel Property Owners Association for several years beginning in 2013, and during that time served as Chairman of the Facilities Committee until his untimely passing and

WHEREAS, Tom was truly an active member of the Board always diligently working on many projects in Village to maintain it as the beautiful place we all enjoy and was greatly appreciated by his fellow board members for his hard work and quiet personality and

WHEREAS, Tom always had a greater vision for the WLPOA to insure that it would continue to effectively serve its members and he always worked to make the WLPOA the outstanding Association that it is.

NOW, THEREFORE, IT IS RESOLVED that Tom Wallace be recognized for his service and dedication to the WLPOA and the WLPOA extends to Debbie, his wife, and to all his family our sincerest sympathy and,

BE IT FURTHER RESOLVED, that in his memory this resolution be read and placed in the permanent records of our Association.

CONSIDERED and unanimously passed, this 18<sup>th</sup> day May, 2015.

Frederick B. Tygart, President

# Wolf Laurel Celebrates 4th of July

Earlene Shofi and Cindy Tucker



The wind blew and the rain came down, but the soggy weather couldn't dampen the spirit of celebration in the Village. The weather was the major topic of conversation and held us in suspense ALL DAY. Finally, at around 7 p.m., the rain began to drift away and the clouds got just a little bit higher. Soon families began to arrive, all very hopeful we'd actually be able to see the expected fireworks at dark. No one seemed to



mind the mushy ground and mucky shoes. The fun started with the great sounds of the band "Simple Folk," who are always toe tapping, dancing, sing-along crowd pleasers. The cotton candy swirled, the pop corn popped, the snow cones stained the

children's mouths, the kids tumbled around in the inflatables, the Ebbs Chapel fire truck roared in ready for the children to climb on and play and then at dark ... it actually happened ... FIREWORKS from our Marshall Volunteer Fire Department!! Loud and proud and more smoky than usual because of the cloud cover, but so joyously greeted by all who braved the weather and enjoyed the show and the Wolf Laurel close sense of community.

There were nearly 600 tickets sold. Many of you purchased tickets just to support our WLPOA 4th of July celebration and we sincerely THANK YOU. Our sponsors and contributors are listed in this publication; we THANK YOU for helping us keep the 4th of July celebration in Wolf Laurel a continuing tradition. We could not do this without your gracious generosity.

\*We are very close to being in the black, at this publication, and, as always, contributions are welcomed.



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## **WELCOME New Members!**

We are pleased to welcome the new members below that have joined WLPOA since May 14, 2015.

The Membership committee hosted a coffee drop-in for new members on June 13th at the WL Community Center. It provided an opportunity to meet new neighbors and answers to questions about Wolf Laurel. Attending and shown below are new members Cate Aaron, Lynn Cagney, Karen Gerry, Ron and Paula Stone, along with WLPOA board members Nancy Schmidt, Earlene Shofi, Joanne Wit and Rich Ashley.

### **Village Club Members:**

Carol and Richard Bond  
716 Pisgah Pass  
Mars Hill, NC 28754  
[bondrm@aol.com](mailto:bondrm@aol.com)  
865-494-0090

Tim & Colleen Carrigan  
300 Hanging Rock Road  
Mars Hill, NC 28754  
[tim@newprism.com](mailto:tim@newprism.com)  
828-680-9380

Ron and Tonja Coppenbarger  
125 Flame Azalea  
Mars Hill, NC 28754  
904-759-1982

Kimberly Purcell  
2110 EL Miner Drive  
Mars Hill, NC 28754

Zachary & Susan Walzer  
686 Flame Azalea Lane  
Mars Hill, NC 28754  
[susan.walzer@eagleasset.com](mailto:susan.walzer@eagleasset.com)  
[zwalzer@tampabay.rr.com](mailto:zwalzer@tampabay.rr.com)  
828-319-2503

### **Village Club Trial Members:**

David Ford  
100 Cottage Lane  
Mars Hill, NC 28754

William Strawn  
189 Sarvis Lane  
Mars Hill, NC 28754  
[lovgators2@aol.com](mailto:lovgators2@aol.com)  
352-331-2933

Ray & Marnie Sullivan  
63 Fox Den Road  
Mars Hill, NC 28754  
[sullivanmarnie@gmail.com](mailto:sullivanmarnie@gmail.com)  
828-319-2388

Charles and Marilyn Tatum  
32 Thrash Lane  
Mars Hill, NC 28754  
843-206-7332

### **WLPOA Members:**

Gary and Sue Solazzo  
280 McKinney Gap  
Mars Hill, NC 28754



# Meet Your Neighbors

David and Suzan Bergland

It's really hot in Florida in the summer! The heat followed by two bad hurricane years sent us searching for a place to escape during the summer. Suzan is originally from Spartanburg, SC and we wanted to be able to make day trips to Spartanburg to visit with Suzan's mother, so in 2006 our search in the NC Mountains began. Like with many items, Internet research provides a starting place. The Mountainside Townhomes were under construction and their web site caught our attention. We arranged to spend a weekend in Asheville with a Realtor. As they say, the rest is history...we purchased one side of the only two story townhome and began to make enhancements as it was in the framing stage. For one thing they had to redo some of the framing for an elevator. You may wonder why we wanted an elevator with only two floors - - - Suzan told David that when her Mother visited we could give up our first floor bedroom or we could put in an elevator so that her Mother could stay downstairs. Guess what ---- we have an elevator!!

We've been at Wolf Laurel during the summers since 2007 and enjoy the cool air and mountain lifestyle. The first six years we were still working so most of our time here was spent traveling to and from airports or doing office work. Now it's great to be retired and to be active in many of the activities that are offered on the mountain. Our hobbies include golf, bridge, ballroom dancing, and attending Broadway musicals. Suzan also enjoys playing her flute.

David is originally from northern Iowa and completed his Ph.D. in Electrical Engineering from Iowa State University (ISU). He retired from Bell Labs after 30 years and held an endowed chair in the Engineering College at ISU focused on enabling Engineering and Business majors to examine systems holistically instead of just focusing on their particular functional area. During this time David and Suzan also started a consulting firm utilizing the Theory of Constraints (TOC) for total systems improvement.

Suzan's background includes two music



degrees from Furman University and Converse College. In addition, she has a Master's Degree in Quality Management from Loyola University in New Orleans. She worked for the Cryovac Division of Sealed Air Corporation headquartered in Duncan, SC for over 20 years before leaving to join David in the TOC consulting business. She is a co-author of the book "Velocity – Combining Lean, Six Sigma and Theory of Constraints to Achieve Breakthrough Performance" which is available in the WLPOA Library.

Suzan and David have been married for sixteen years. Suzan has a daughter and David has three children and two Grandsons. When they are not on the mountain they live in Naples, FL..

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# MEET YOUR WLPOA STAFF



Cindy Tucker, Director of Village Club at Wolf Laurel, has been in her position since 2010. Before that, she held the same position for about ten years with Wolf Laurel developers. Now residing in the “straw bale home” they built in Marshall, Cindy and Mark, her high

school sweetheart and husband of 34 years, came to Wolf Laurel from Charleston, SC where she worked in marketing with a Fortune 500 company. She attended the College of Charleston and received her degree from USC in Columbia. Mark has been a science teacher for 30+ years, and is currently teaching at Reynolds Middle School in Asheville. Their daughter, Sarah (20), known by many Wolf Laurel residents, is a singer/songwriter and has just released her second CD, “Hey There, Beautiful.” Her first CD is “The Windowsill Girl.” Much of Cindy and Mark’s free time is spent accompanying Sarah from gig to gig. When she is not traveling with Sarah, Cindy enjoys her pottery hobby and is finishing her tour as President of the Madison Arts Council. Her role with WLPOA entails scheduling and orchestrating Village Club events; working with volunteers who offer Village Club activities; seeing to the maintenance of POA facilities; assisting POA members; and bringing in new members and staff. She really sees her role as being a facilitator and communicator. She enjoys, most of all, her daily interaction with POA members and staff, and appreciates the support and cooperation she receives from the WLPOA Board and volunteers. During the Wolf Laurel “season” you can normally find Cindy in the office (Barn) from 8:30 a.m. until 5:30 p.m., and she is “on call” at other times.



Ronnie Rice, the WLPOA Office Manager, has been in his position since February, 2014, though he was a staff member for the amenities program during the 2013 season. He is in the “office” from 8 a.m. until noon on Monday, Wednesday and Friday. At other times,

you’ll see Ronnie as a security guard at the gate with Wolf Laurel Roads Maintenance and Security, a position he has held for four years. Though his home is Johnson City, TN, he graduated from Unicoi County High School where he played baseball and basketball. Ronnie currently lives in Flag Pond. After high school, he joined the U.S. Marine Corps Reserve, attended Basic Training at Paris Island and infantry Advanced Individual Training at Camp Lejune. He then joined his unit in Johnson City for the remainder of his enlistment. Ronnie enjoys hiking, water and snow skiing, tubing (on the Nolichucky River as much as possible) and travelling. In his role as Office Manager, Ronnie is the bookkeeper for the WLPOA (billing, receiving and depositing payments and getting checks signed). He can perform Notary Public functions for WLPOA members when he is in the office. Ronnie maintains the membership roster for POA members and files equity redemption agreements with the courthouse in Marshall or Burnsville. Ronnie appreciates the excellent “training” he received from his predecessors as well as the previous Treasurer, John Beneke.

Jim Deloatch, lead staff member, is in his second season with the WLPOA.





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Originally from Roanoke Rapids, NC and most recently from Cary, NC, Jim is now a full-time resident of Wolf Laurel. He retired after 30 years with the State of North Carolina: 15 years as a juvenile court counselor and 15 as a law enforcement trainer, a role he continues as an adjunct law enforcement instructor with Mayland, Vance and Blue Ridge Community Colleges. He also serves as an independent consultant conducting job task analysis and job development training, presently with the State of Maryland. During ski season, Jim sells lift tickets at the ski slope. He also enjoys hiking and backpacking. Jim is a graduate of East Carolina University. As a customer service-oriented “people person,” Jim sees his role as the face of the WLPOA by helping Village Club members enjoy the facilities and services provided by the POA through training new staff members and maintaining the facilities.

early June. Originally from Kansas, Logan says, “As a recent college graduate with a Bachelor of Science in Business and Public Policy, I’m ready to begin taking on projects both short and long. I am saving up to travel in and outside the country, attempting woodworking and ceramics, and am always seeking more knowledge and experience.” Logan is seeking entry-level career opportunities in the Asheville area. His job involves maintaining the WLPOA grounds, pool and pond. He likes the flexible hours, numerous tasks and friendly community.



Rebecca Greenberg, seasonal staff member, has been on staff since the end of May. She lives with her family on a six-acre farm in Leicester and attended North Buncombe High School. You may also see Rebecca, when not working here, at Ingles in Mars Hill where she is

a bookkeeper and cashier. She enjoys “hanging out” with her family, riding one of their four horses or boating on Fontana Lake in Bryson City. Rebecca’s WLPOA role is facilitating member enjoyment of the facilities: checking folks in, issuing equipment, taking care of the pool, the fish in the pond and facilities.



Logan Weikal, seasonal staff member, joined the staff in

Skyler Jennings, seasonal staff member, joined the staff in May. He and his family have been Wolf Laurel residents since 2013, moving here from Charleston, SC. In his free time, Skyler enjoys writing fantasy short stories and drawing.



He plans to attend AB Tech in spring 2016, pursuing a career in emergency medicine as a paramedic. While in Charleston, Skyler was deputy chief of an emergency response team, charged with assisting agencies with evacuations, first aid, search and rescue, fire prevention, and crowd and traffic control. His WLPOA role is similar to the other seasonal staff members and he enjoys being outside and meeting folks.

Morgan Fambrough, intermittent seasonal staff member, joined the staff in May. She moved from Hiawasse, GA after graduating from Young Harris College with a BA in Fine Arts. Morgan describes her duties as pool care, light landscaping, friendly conversation, fish care, and trash duties. Because of her passion for horses she also works at Wolf Laurel stables guiding tours around The Preserve. Outside work, Morgan enjoys creating art, writing short stories, walking around town, meeting people, working with animals, and promoting thought.





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# 2015 Village Club at Wolf Laurel Programs & Events

These are our scheduled events and programs as of **July 15, 2015**. Be looking for routine updates as more programs are scheduled! Updates and reminders will be sent throughout the season via e-mail and will also be posted on our website - [www.wolflaurelpoa.com](http://www.wolflaurelpoa.com) on The Village Club page. Any changes are shown in **red**.

**SPECIAL EVENTS!** Get these on your calendars now!

**BURN THE NOTE Friday Night Social, Friday, August 7, 6 p.m. Food ~ Music ~ Fire**  
The last payment of the WLPOA mortgage note that allowed us to purchase The Village will be paid in July 2015! We'll gather at the Village Pavilion to witness the burning of the note, a truly joyous occasion. The menu will be 'bratdogs' & buns, sauerkraut, potato salad, dessert and a special baked beans contest. The contest will be judged by three of our local 'gourmands'. Live music will add to your enjoyment. All for \$10 per person. Reservations through the Village Club office - 689-4089 or [cindy@wolflaurelpoa.com](mailto:cindy@wolflaurelpoa.com).  
\*If you'd like to enter the baked beans contest, please contact Cindy or Earlene Shofi at [earlenes@frontier.com](mailto:earlenes@frontier.com).

**LABOR DAY WEEKEND OYSTER ROAST, Friday, September 4th, 6 p.m.**

A great celebration in the Village Pavilion serving the freshest Chesapeake Bay oysters, lots of side dishes and good music. Look for ticket sales announcements and don't miss this special Friday Night celebration!

**Special Programs - Village Club Members:**

To sign up for these programs, e-mail [cindy@wolflaurelpoa.com](mailto:cindy@wolflaurelpoa.com) or stop by the Community Center. Payment is needed two weeks prior to the class to ensure your reservation.

**CPR/AED with Certification with Jim Deloatch:**

Friday, August 7th at 10 a.m. in the Village Club Activity Center (lower area of Community Center). Jim will lead this important class that will give you the confidence and ability to provide life-saving skills. Don't miss this opportunity. **Cost is \$20. Class size is limited to the first 9 members to sign up.**

**Christmas Cards in July with Barb Smith:** Friday, July 31 at 1 p.m. in the Village Club Activity Center. Create 12 custom Christmas Cards and enjoy a festive class atmosphere. \$25 per person. All materials for the cards provided but if you can bring scissors and a ruler, please do.

**Art Wall in the WLPOA Community Center:** Stop by the Community Center in **July and take a look at the lovely pottery custom made by Kim Gordon! We are also still displaying framed photos by Chuck Kinsey.** All items are available for purchase. See any Village Staff member to provide your payment.

**September Wolf Laurel Wandering Ladies - with Pat MacLean & Lee Moeller:**  
**Monday, September 28: Meet at 10 a.m. in The Village to car pool. Lunch & shopping in historic Jonesboro, TN, then a matinee performance at the International Storytelling Center by Donald Davis! The Storytelling performance is \$11 per person. This event is open to the first 16 ladies to sign up.**

**Regularly Scheduled Programs - Village Club Members:**

**Muscle Toning and Stretching with Cathy Johnson:** This class will meet throughout the season on Monday and Friday at 9 a.m. 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 w/handles.

**Tai Chi & Yoga with Fred Buck:** This class will meet each Monday and Thursday at 10 a.m. throughout the season in the Village Activity Center (lower level of Community Center). Please bring an exercise mat and water.



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**Water Fitness with Barby McQueen, Lee Moeller and Larae Weaver:** This class will meet each Tuesday and Thursday at 1 p.m. throughout our season. Bring your bathing suit, towel, some sunscreen, and we'll provide the workout equipment.

**Walking Club with Earlene Shofi:** This group will 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 throughout our season. Bring your racquet, balls, water. Women's Play days are - Monday & Thursday 10 a.m.-noon; Men's Play days are - Wednesday & Friday 10 a.m.-noon

**Pickle Ball:** Every Sunday at 3 p.m. throughout our season - Contact George Shennan (gshennan@earthlink.net) if you would like more info about this sport. **For those pickleball players who would like to attend the Madison Council Arts Concert at Ebbs Chapel at 4 p.m. on August 30 (The Kruger Brothers), pickleball play on those dates will begin at 1:30 p.m. - so come on down to play when you can! All other Sundays, regularly scheduled play will start at 3 p.m.**

**Friday Night Socials:** 6 p.m. every Friday in the Village Pavilion throughout the season. 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. 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! Contact Gene Woolf for information on car-pooling and reservations if required at 828-208-3949. 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

**Village Ladies Book Club!** This group is new and will meet in the Village Pavilion each Tuesday at 12noon beginning July 21st. Karen Gerry will be leading the group. Come and enjoy this yew program!

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# The Village Wolf Cub Kids Camp 2015!

Cindy Tucker

It's been an incredible week for the 29 kids that came to the 2015 Village Wolf Cub Kids Camp! The kids were absolutely amazing and they filled the Village with energy, laughter, high-pitched squeals and lots of howling. Every day our schedule gave the kids many cool opportunities.



Village Lane. Of course, they loved feeding and seeing the trout, but it also helped to get some of that early energy toned down a bit! Then, the days were filled with good old fashioned fun - observing and enjoying nature, our local wildlife, arts and crafts, science, sports and each other's company. This year, the kids loved the craft activities, swimming, stream stomping, tie-



dying and, of course, the egg drop contest, bottle rockets and slime on Science day. Their imaginations kept the Camp Instructors amazed and entertained. While we had our share of hilarity, drama, scrapes and bruises, at the end of the day, the kids all had fun and we were assured they slept like rocks at night. Our Camp Instructors were patient,

caring, and watchful and were greatly entertained by all the kids' antics.

We couldn't have asked for better weather

throughout the week, but kept a small fire burning in the Pavilion fireplace for campers to warm up by, especially after swimming. It also came in handy on Friday to roast marshmallows for s'mores! All welcomed the chance to attend the Wildlife Education



Program at the end of camp on Friday. Carlton Burke, a local naturalist, presented 'Appalachian Wild!' and showed the kids lots of local wildlife: a barred owl, a possum, a couple of box turtles, a ground hog, a tree frog and of course, the black rat snakes!



Kids Camp is always one of the events in the Village that

leaves you smiling. Next year is already on our minds. A date will be set for Camp soon, so be looking for that announcement! We offer a big thank you to all the parents and grandparents who brought their wonderful kids to spend the week with us. We hope to see as many campers as possible return next year to another week of pure fun!



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side elevation

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# Horseback Riding Camp

*An Interview with  
Horse Camp Buckaroo Owen Ashley  
(no relation to the TOB editor)  
with input from Morgan Fambrough*



Owen Ashley, a nine year-old rising fourth grader from Pembroke Pines, FL attended Horseback Riding Camp at Wolf Laurel Stables for the second year in a row and was happy to share his views with the TOP OF THE BALD. His great grandparents are Dick and Carolyn Galphin of Lucas Lane. Horse Camp, a five day event that ended June 26, provided a unique experience for children ages six to fourteen. Owen said the thirty campers were divided into

three groups by age: under 9, 9-10 years old and over 10. Each group was supervised by two well-qualified camp staffers.

Owen learned how to control his horse, to walk, gallop and trot, triggered by the number of "kicks" given the horse. He learned, when holding the reins, to keep his hands in front of the horn of a Western saddle, or in a similar position when riding an English saddle, his

favorite. Bare-back riding was his least favorite because the horse's spine was uncomfortable and it took a lot of effort to hold on to the sides of the horse with his knees. There were enough horses for all the campers and staff, and most had a different horse each day. In addition to riding, Owen learned how to correctly brush his horse and put the bridle and saddle on, although saddling the horses was done for the riders by staff each day for safety. He learned the parts of the horse, how to "muck" the stalls, and was shown how to clean the hooves with a hoof pick. Safety around horses and identifying signs of danger were strongly stressed throughout the program.



Camp ended with a sleep-over for the older campers in the hay loft of the barn, fully immersing them into the horse culture. Morgan Fambrough entertained the campers that evening by twirling fire with a baton. Horse Camp has been experiencing continuous growth, so sign up for next year and join in on the fun and excitement of horses and the community spirit of camp.

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**VIEWS**

**339 Granny Lewis**

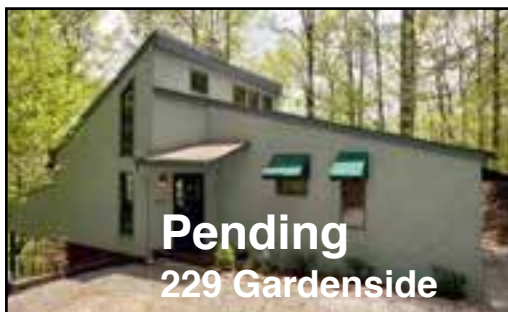
**4 Bedroom, 3 Bath Cozy Mtn  
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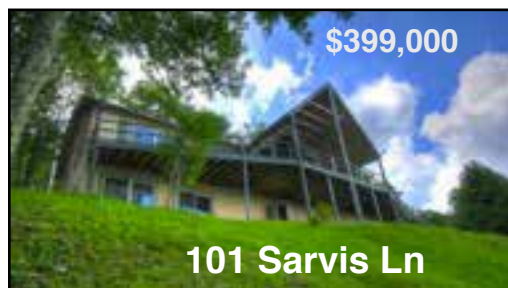
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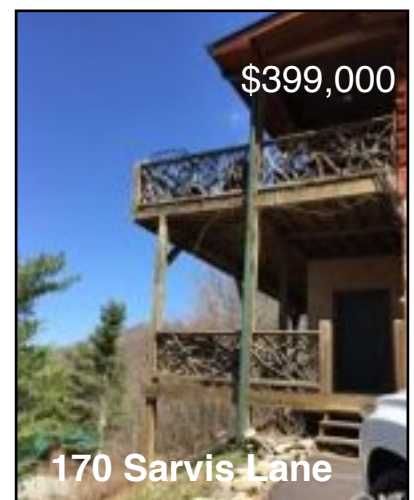
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# TAI CHI

Fred Buck

Tai Chi means supreme or ultimate, and what we practice is Tai Chi Chuan, which means “supreme or ultimate fist,” referring to the martial arts aspect of Tai Chi. Usually when we say Tai Chi, we actually mean... Tai Chi Chuan. According to Wikipedia, there are three main reasons people practice Tai Chi today: for improving ones health and well being; for practicing meditation; or for improving one’s skills in martial arts. I would say that most of my students are practicing Tai Chi to improve their overall health.

The health benefits of Tai Chi are continually being studied by scientists all over the world to get a better handle on why it does what it does. So far, the results for improving health are very positive. Scientists have found that practicing Tai Chi reduces stress and blood pressure, improves balance, strengthens muscles and bones, and manages pain. Speaking in terms of Chinese medicine, the body is brought into a state of harmony and health because Tai Chi increases the flow of the vital “Chi” energy throughout the body, and indeed throughout the whole person - body, mind, emotional self, and spirit - in a balanced way.

We also meditate during our practice, and this also helps improve one’s overall wellness. We do a short meditation after both Qigong and Tai Chi, and sometimes during Yoga if we feel so inclined. When we meditate in Tai Chi, we just try to be present at the present moment and appreciate the natural world. When we meditate in Yoga, it’s a bit different - we try to become less aware of our surroundings. If you’re passing by, you might here us chanting the ancient word “Om.” Don’t be disturbed, we’re just meditating for a minute.

In our class, we practice three separate disciplines. We generally start with about 20 minutes of Qigong to really get the energy moving; then we then do about 30 minutes of yoga (sometimes standing, sometimes on the floor); and we finish up with about 10 minutes of traditional Tai Chi Chuan, during which we fight an imaginary opponent. We practice deep rhythmic breathing throughout. Some folks, who are not able to stand for long periods of time, do their practice while sitting. The main rule we follow in our class is “Don’t



hurt yourself.” If you need to bend your knees while stretching - no problem at all. Just be careful not to overdo.

Please come and join us. We meet on Monday and Thursday from 10 a.m. – 11 a.m. Be sure to dress in something that stretches and is comfortable. Lastly, bring a mat for yoga.

Hope to see you there!!!

Namaste  
Fred



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## Water Aerobics

Lynn Cagney

The water aerobics class has been meeting regularly this summer every Tuesday and Thursday at 1 p.m. We have been having record attendance of all ages ranging from 20 - 75+, including several men. The class is led by Barby McQueen who continuously reads and researches exercise information, and educates us on the many benefits of water aerobics. She even shared a website where you can check the "arthritis weather," <http://www.arthritis.org/living-with-arthritis/tools-resources/weather/>. Water aerobics is a strenuous and



beneficial, yet low impact exercise program that is good for everyone, especially those with arthritis and other aches and pains. Everyone is welcome. Come join us for a fun, splashing good time!



## Pickleball is a “Big Dill”

George Shennan



Pickleball has been around for 50 years and is the fastest growing sport in the U.S., but people still ask “What is pickleball?” Come down to the courts any Sunday at 3 p.m. and find

out for yourself. If you have never played you can just show up and learn (paddles and balls are available) or just watch to see what it’s all about. In three years we have grown from playing pickleball on one tennis court to having 4 pickleball courts marked off. On a recent

Sunday we had all courts in use. Pickleball is fun and a very social sport. If you used to play tennis or other sports but have given them up, pickleball may be the sport for you. However, no prior experience is needed. Players of all ages enjoy the game and usually pick it up in one session. See you on the pickleball courts! It really is a “Big Dill.”



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## Monday and Friday Nighters

Village Club Members and their guests are eligible each week to participate in two social activities which are hosted at the pavilion. These events have a history preceding many of the current residents. They begin at 6:00 p.m. promptly and last about 2 hours.

The first event is the Monday Nighter. This is a potluck dinner. Each family provides either a salad, an entrée, or a dessert. In addition you provide your eating utensils including a plate or tray and your beverage of choice. The event begins each week with a series of announcements and a blessing. Many families use the opportunity to plan joint activities for the week. For those families who participate on a regular basis, the event has become a function not to be missed. Several years ago when a developer attempted to prevent the use of the facility, these families banded together and continued the tradition by rotating the event from home to home each week. In the rare event of inclement weather, the function is moved to the lower level of the Community Center.

The second event is the Friday Nighter. Instead of a meal, this event involves finger food. Each family provides a snack to share. You bring your own beverage if you want spirits. Soft drinks and setups with ice are provided. No utensils are required. There is no charge for either event with one exception. In the event live



music is provided, there is a \$2 cover charge to pay the band. This event traces its history to the Wolf Laurel Yacht Club and monthly Ducky Races. Apparently you had to be there to appreciate the connection. Again the event is hosted in the pavilion and moves to the lower level of the Community Center in the event of bad weather.

We begin these activities in mid May and continue through mid October. They provide great ways to meet your neighbors and make new friends.



# WAYNE HENDERSON CONCERT AT EBBS CHAPEL COMMUNITY CENTER John Ritchart

We were fortunate to be able to attend the Wayne Henderson Concert on Sunday, June 28th at the Ebbs Chapel Community Center sponsored by the Madison County Arts Council and hosted by Laura Boosinger. Wayne is from Rugby, Va. (pop. 7 according to him) and is a well known and highly sought after luthier who makes high end guitars, mandolins and others, and is the subject of the book, Clapton's Guitar (Yes, that Clapton). He is a recipient of the National Heritage Fellowship Award. In addition to his instrument building skills, Wayne is a top notch musician whose three-finger guitar technique is unique in combining elements of flatpicking and fingerstyle methods. At the concert, Wayne was joined by his longtime picking buddy, Clay Lunsford, a fine fingerstyle picker in his own right, and relative of Bascom Lamar Lunsford. The two combined for a highly entertaining afternoon that contained several surprises.

Wayne and Clay began the show with several traditional selections including "Whiskey Before Breakfast," a traditional fiddle tune and "Alabama Jubilee," a well known up-tempo number that had the audience clapping along. They were joined at one point by an energetic Mathew Weaver on piano, whose entertaining personality only added to the high spirits in the room. Wayne then had the crowd in stitches telling his folksy stories about living in and around Rugby Va., where due to the low population, the roles of mayor, sheriff, and town drunk had to be shared and passed around by the inhabitants. Many songs and stories followed for the first half of the show, which was well attended by local musicians as well as Wolf Laurel residents.

After a short intermission, we were surprised when Wayne invited heralded musician, Leonard Hollifield, former member of the award winning Kingsmen Quartet, and his son Lennie to



perform on their own. They delighted us with several selections of classic country hits, interspersed with humorous banter between father and son. Leonard is 88 years old and still knows how to put on a show. This was an unplanned bonus to the program which only reinforced the laid back feeling of the concert. We were especially taken by the informal vibe of the program.



It reminded us of a casual picking session on the front porch here at Toad Hollow and kept the audience at ease and relaxed.

Wayne and Clay then returned to the stage and were joined by Laura Boosinger on clawhammer banjo. Several more wonderful selections were played in that same jamming style including one of my favorites, "Billy in the Lowground," which I've been told might be about William the Conqueror's body being tossed into a bog after his death. The crowd was very pleased by it all and I've been told by many how much they enjoyed the show.

We are blessed to have this fine facility right here in our neighborhood, and to have Laura Boosinger and the Madison County Arts Council bringing such high level musicianship to us. Sheila Kay Adams, award winning storyteller and musician will be at the Ebbs Chapel CC on July 26th, and the Kruger Brothers will be there August 30th. Tickets are on sale on the Madison County Arts Council Website and at the door. To contact the Arts Council call 828-689-1301 or visit their website at [www.madisoncountyarts.com](http://www.madisoncountyarts.com).

*Editor's Note: Other Ebbs Chapel concerts scheduled for this summer include:*

*Blackberry Festival, August 8, four musical groups from 8 a.m. until 2 p.m.*

*Barn Alliance Concert, August 23, 3 p.m., featuring Susi Gott & Marty Lewis, Matthew Curry & The Carolina Two, Peter Gott, and The Sons of Ralph. Tickets \$20 in advance, \$25 at the door. Call 828-230-6982 or email [info@appalachianbarns.org](mailto:info@appalachianbarns.org).*

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# RESTAURANT RAMBLINGS

Gwynne Beneke

Most of the restaurants covered in this column through the years have been “fine dining” venues urging, if not requiring, reservations. And we love going out to eat a leisurely dinner with friends – new places, new tastes. But sometimes that leisurely meal is not your first priority. But you need to eat, and you want to eat something GOOD! Here are four possible scenarios you may experience and four solutions.

**SCENARIO 1:** Your week-long guests have a mid-morning flight out of Asheville. You don't want to put them on an airplane with an empty stomach, and you're tired of cooking! SOLUTION: On the way to the airport turn into Biltmore Park, take the first exit to the right inside the Park to [ANOTHER BROKEN EGG](#) for a hearty and very tasty breakfast. Open from 7 a.m. until 2 p.m., this newly opened café has an extensive menu of specialties. You can check out its website and decide what you and guests will order; be sure to tell the host and waitress that you are on the way to the airport! I had a delicious eggs benedict (The Blackstone) with grilled tomato and bacon. John had the Supreme omelet; my sister and I substituted a fruit bowl for potatoes – no problem! Although this is a small chain restaurant in the Southeast, it has a strong following already. Coffee carafes are available.

**SCENARIO 2:** You and friends have mid-week tickets to an Asheville Tourists game. You know there'll be a crowd, so you decide to have an early dinner, hopefully close enough to the stadium that parking won't have disappeared, when dinner is over. (It takes planning!) [PAPAS AND BEER](#) Mexican Restaurant on Tunnel Road is your SOLUTION. No reservations, large capacity, efficient service, and great margaritas! Be sure to have the tableside guacamole, made fresh while you watch by your wait staff. A very large menu with some unusual dishes; I had a super seafood stew! John is not a big fan of Mexican food, but he really liked eating here. Large selection of beer on draft. This restaurant had been suggested by friends, who are NEVER wrong! We'll go back.

**SCENARIO 3:** You have matinee tickets to the Flat Rock playhouse in downtown Hendersonville. You go early for lunch and to walk around the charming

downtown area with its boutique shopping and outdoor seating. You notice several inviting restaurants. Which one to choose? SOLUTION: a small and intimate place a few doors down from the theater is your first choice. (Consider making reservations ahead of time, if you trust me. The Wandering Ladies from the Village Club will be eating there in late July.) [THE SQUARE ROOT](#) is owned by a couple from Brevard, where the original restaurant of that name was established. Attentive wait staff, several unique and original offerings, a 10% discount for theater goers (be sure and ask), this charming Main Street venue offers lunch and dinner and is cost friendly. I had an unusual Portabella mushroom sandwich – no bread! [MEZZALUMA](#) across the street could be a second choice; it looks inviting.

**SCENARIO 4:** Your hiking boots have finally bit the dust and you're headed for MAST GENERAL STORE in downtown Asheville for your desperately needed replacement. Bonus -- TOPPS shoe store is having their semi-annual sale. It's the weekend and you know how crowded downtown can be, so you head out early with just a cup of coffee in your tum. Just past Weaverville you regret leaving that last blueberry muffin on the counter. SOLUTION: a few doors down Biltmore from MAST the former Laurey's Deli has reopened as [67 BILTMORE](#) and you remember Laurey's breakfast egg and bacon burritos. And the glass case overflowing with the most delectable salads you've ever seen. Do you think? We all miss Laurey; she was irreplaceable. But the young couple that ran her deli so efficiently and lovingly during her long illnesses has reopened at the same address as [67 BILTMORE](#) -- keeping most of the same recipes, while adding their own, serving breakfast, lunch, dinner, and redecorating to their style. We couldn't be happier. Their catering menu is extensive, should you have the need to host a large party. Pick up a lasagna or shepherd's pie for dinner out of the take-out case. Always locally sourced vittles. Always delicious. Always dependable, too.

So – problem solved? (We're always open to your suggestions, too!)

# Wolf Laurel Merchandise Survey Results

Jim Landry

This past May, we ran a survey of our membership to determine the interest in stocking a variety of products with an official Wolf Laurel logo. An acceptable level of interest was the first hurdle to overcome before even deciding on which products to finally offer. The response was considerably below our objective. It could be the products were just not what were wanted, however that is why the target level of acceptance was set low at 15%. Actual participation was only 6%.

For those that participated, there appeared to be a sincere interest and they offered a range of alternative products they would have liked presented. Many of the suggestions involved T-shirts, jackets and other items of clothing. Unfortunately, clothing items involve a range of colors, styles and sizes. When purchasing this type of product, there is a minimum quantity, setup charge, shipping costs, sales overhead and a bit of profit to add to the base price. What adds heavily to the cost is the unsold merchandise that may remain in stock for years. A real store can recover these losses with other more profitable products; a luxury we just don't have.

There was a query asking for ideas for the unused space at the Community Center. Of the 14 suggestions, 12 of them would like to see the return of a small convenience store or at least an expansion to what is already at the barn. The idea of an actual store was explored several years back with local experienced entrepreneurs who indicated the foot traffic was just not there to sustain a viable operation. However, the opportunity for an expanded kiosk that could make available items with a long shelf life and low overhead is a thought to consider. For a start it would require a volunteer with retail experience to get it going. If you are out there, please let us know. Thanks to those who did take the time to respond to the survey.

Post Survey: A limited number of cotton, low-profile hats with a Wolf Laurel logo will be available at the Community Center for a suggested \$15 donation.



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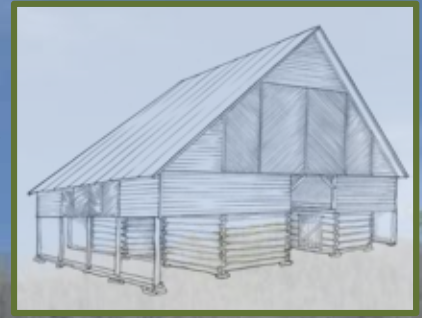
# WHERE AM I?

1. 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 33. How'd you do?



*The Appalachian Barn Alliance presents*

# BARN RAISIN' CONCERT



## Benefit *for the* Appalachian Barn Alliance

*Enjoy an afternoon that takes you on a nostalgic journey through time while enjoying old standards and new favorites. Featured are Madison County musicians who make mountain music come to life!*

### Susi Gott & Marty Lewis

Award-winning fiddler and gifted songwriters, perform Madison County Songs.



### Matthew Curry & The Carolina Two

Good old-fashioned “country honky-tonk” music bring the legacy of Johnny Cash to life.



### Peter Gott

A lively blend of banjo and guitar recall the music of the early 60s.



### The Sons of Ralph

Ralph, Martin and Don perform a unique style of bluegrass music that harkens to yesteryear while combining the past with the present.



**August 23 – 3:00 p.m.**

- Ebbs Chapel Performing Arts Center ❖ 271 Laurel Valley Road ❖ Mars Hill, NC
- Tickets--\$20 in advance, \$25 at the door
- Information and tickets are available by e-mailing [info@appalachianbarns.org](mailto:info@appalachianbarns.org) or calling 828-230-6982.

*Proceeds benefit the Appalachian Barn Alliance, a non-profit organization dedicated to preserving historical barns through photo, story, and architecture.*

## **EBBS CHAPEL AUDITORIUM PROMOTING TOURISM AND THE PERFORMING ARTS**

Located in the old school building at the intersection of Puncheon Fork Road and Windy Gap, the Ebbs Chapel Auditorium has scheduled a summer series of performances. Given the easy access from I-26, this venue draws crowds from across the region. The theater is capable of seating 200+ guests for concerts, plays and storytelling events. The proximity of this theater to Wolf Laurel provides our property owners and their guests special value in that enjoyable activity is provided close at hand.

The auditorium is owned by Madison County and is leased on favorable terms to the Upper Laurel Community Organization, a nonprofit organization. The ULCO works with other nonprofits like Madison County Arts Council, Madison County Barn Alliance, and SART to provide entertainment. For additional

information about upcoming events you can contact Cindy Tucker at the WLPOA office or contact Larry Smith or Dick Moeller, your ULCO representatives. Ebbs Chapel also hosts the Blackberry Festival on August the 8th, and the Apple Butter Festival on September the 26th. Don't forget the Arts Council's performance by the Kruger Brothers on August 30. See page 22 of the Spring 2015 edition of the TOP OF THE BALD for details.

### **Where Am I? Answers:**

1. Picnic Tables on the Nature Trail
2. Spring House in the Village
3. Intersection of Wolf Laurel Road and
4. Hampton Gap
5. Whoops! Not Wolf Laurel, but the horse at PF Chang's during Breast Cancer Awareness Month
6. Waterfall upstream of the Spring House
7. House on Fox Den



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2.2 acres Beautiful home with  
tremendous views. **\$605,000**



**56 Finney Lane**

-2438 sq ft. 3 bedrooms, 3 1/2 baths  
Custom built home overlooking sig-  
nature hole! **\$439,000**



**808 MAYAPPLE LANE**

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



**36 GOLDENLEAF RD**

3018 SQ FT. 4 BEDROOMS (4)  
1/2 BATHS. Custom built year  
round home!!! **\$499,700**



**68 UNAKITE LANE**

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



**370 SARVIS LANE**  
**4 bedrooms. 5 baths**

Sitting on top of the world  
**\$349,000**



**820 OVERLOOK DR**

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



**901 GOLDENLEAF**

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



**466 HANGING ROCK**

2240 sq ft. 3 bedrooms, 2 baths.  
High elevation **\$235,000**



**51 GARDENSIDE**

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



**1262 MCKINNEY GAP**

1400 sq ft. 2 bedrooms, 2 baths.  
Beautifully maintained  
rondette. **\$175,000**



**939 Grouse Thicket**

2480 sq ft 2 bedrooms, 3 baths,  
Great house at end of the road, very  
private, terrific views.  
**\$249,000**



**763 GRANNY LEWIS LN**

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



**GOLDENLEAF**

1834 sq ft. 3 bedrooms, 2 1/2 baths  
Cozy timber-frame house with great  
view  
**\$365,000**



**481 OVERLOOK DR**

1750 sq ft. 3 bedrooms 2 1/2  
baths. Great home with fantastic  
long range views. **\$466,000**



**348 SUGARTREE**

1800 sq ft. 3 bedrooms, 2 1/2 baths  
Updated Vintage log cabin. Easy  
access. **\$279,000**



**363 FOX DEN**

990 sq ft. 2 bedroom, 1 bath.  
Winter views of mountains and ski  
slopes. **\$144,900**



**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



**216 HAMPTON GAP**

2612 sq ft. 3 bedrooms, 3 baths.  
Great Value, Spacious living.  
**\$310,000**

**Earning your trust one house at a time.**